Better Homes & Gardens®

# Mediterranean Diet™

## 100 BEST RECIPES

Lean Proteins

Whole Grains

Fresh Fruits & Veggies

Fatty Fish

Nuts & Seeds

2026

BHG.com

# From the cooking experts at

# Better Homes & Gardens®

**All of your favorite, easy-to-make Test Kitchen recipes ... plus so much more!**

**Discover over 200 recipes guaranteed to please your palette, wow your family and make meal prep quick and easy!**

**This sturdy, hardcover book gives you countless options ...**

- **Flavor-filled dishes** for every occasion
- **On-trend recipes** using fresh ingredients
- **Step-by-step tips** to make your meals memorable
- **Comfort foods** using classic flavors
- **Plus FREE delivery ...**

**Every recipe's a guaranteed keeper – RSVP today!**

#240436

Scan here or go online to **magazines.com/bhgspecials** to claim yours NOW!

**ON THE COVER:**
*Greek-Style Chicken Salad*, p. 37
**photographer:** Kelsey Hansen
**food stylist:** Kelsey Moylan
**prop stylist:** Lexi Juhl

## APPETIZERS

21 Baba Ganoush
17 Bell Pepper Hummus
12 Cheese Bourekas
20 Greek Layer Dip
14 Green Goddess White Bean Dip
16 Homemade Hummus
17 Lime-Avocado Hummus
14 Prosciutto-Wrapped Honey-Lemon Shrimp
13 Red Pepper and Feta Dip (Htipiti)
16 Roasted Beet Hummus
16 Roasted Squash Hummus
19 Whipped Cottage Cheese with Blistered Tomatoes

## BEEF, LAMB & PORK

29 Arugula Salad with Roasted Pork, Pears, and Blue Cheese
23 Eggplant, Fennel, and Sausage Ziti
28 Garlic-Lime Pork with Farro and Kale
22 Harissa-Spiced Rack of Lamb with Almond Sauce
31 Italian-Style Fried Farro
30 Lamb Fatah with Asparagus
27 Lebanese-Style Kafta Kabobs
26 Meatball Freekeh Salads
25 Roasted Bean and Potato Salad with Top Sirloin

## BREAKFAST

5 Complete Protein Granola
8 Dutch Baby with Roasted Grapes and Blackberries
11 Egg White Omelet
10 Prosciutto Egg Cups
7 Savory Egg and Avocado Breakfast Salad
9 Seeds and Fruit Muesli
6 Shakshuka
4 Zucchini and Tomato Frittata

## DESSERTS

94 Almond Baklava
93 Apricot-Orange Olive Oil Shortbread
95 Cherry-Sauced Panna Cotta
92 Ghorayebah (Butter Cookies)
88 Mini Turmeric Upside-Down Cakes
96 Spiced Pomegranate Poached Pears
8 Sweetened Lavender Whipped Cream
89 Sweet Ricotta and Strawberry Parfaits
90 Walnut-Cranberry Baklava Bites

## FISH & SEAFOOD

69 Air-Fryer Pistachio-Crusted Sea Bass
68 Blackened Tuna with Avocado Citrus Salad
66 Citrus and Jicama Salad with Shrimp
74 Harissa-Lime Salmon with Asparagus
67 Lemon-Caper Salmon with Broccolini
73 Lemon-Herb Roasted Salmon with Broccoli and Tomatoes
71 Pan-Fried Trout with Ras el Hanout and Cauliflower
77 Pan-Seared Salmon with Kumquats
75 Peach and Pepper Spicy Halibut
76 Scallops with Roasted Corn Salad
72 Spanish-Style Shrimp and Scallop Sauté
71 Walnut-Rosemary Crusted Salmon

## POULTRY

41 Air-Fryer Chicken Piccata
38 Basque-Style Chicken
39 Chicken-Chickpea Grain Bowl
42 Chicken Gyros
35 Chicken, Shrimp, and Couscous Skillet
36 Chicken Souvlaki en Papillote
37 Greek-Style Chicken Salad
32 Harissa-Spiced Couscous Salad with Chicken
40 Mini Gyro Burgers with Watermelon-Feta Salad
35 Peachy Chicken Pasta Salad
41 Rosemary-Maple Glazed Chicken
33 Tahini Chicken Salad Lettuce Cups

## SAUCES & DRESSINGS

63 Basil Pesto
64 Chermoula Sauce
32 Harissa Vinaigrette
63 Homemade Harissa Sauce
64 Romesco Sauce
59 Tahini Dipping Sauce
62 Tzatziki Sauce
43 White Wine-Caper Sauce
64 Zhoug

## SEASONINGS

68 Aleppo Spice Rub
60 Baharat Spice Mix
60 Greek-Style Seasoning
60 Italian-Style Seasoning
61 Ras el Hanout
60 Shawarma Spice Blend
61 Spanish-Style Seasoning
60 Za'atar Spice Blend

## SIDES & EXTRAS

53 Baked Pita
80 Baked Stuffed Artichokes with Pancetta and Herbs
79 Classic Tabbouleh
50 Food Processor Flatbread Dough
86 Hummus-Farro Portobellos
44 Pickled Red Onion
87 Squash-Tomato Bake with Basil and Pine Nut Gremolata

## VEGETARIAN

55 Asparagus Falafel
50 Baba Ganoush Flatbread
51 Barley and Edamame Salad with Red Pepper Drizzle
52 Chickpea and Freekeh Salad
53 Cucumber and Pita Salad with Lemon Vinaigrette
82 Dill Gazpacho
59 Falafel
45 Farro Pea Salad
84 Kale and Cannellini Stew with Farro
83 Lablabi (Tunisian Chickpea Soup)
57 Ratatouille Pappardelle
56 Ratatouille Provençale
57 Ratatouille Stuffed Peppers
58 Smashed White Bean Salad on Toast
54 Spanish-Style Butter Beans
85 Spiced Red Lentil Soup
78 Spicy Chickpea Stew
44 Sweet Potato-Bulgur Grain Bowl
48 Walnut-Lentil Burgers
49 Warm-Spiced Lentils with Spinach
47 Winter Wheat Berries and Black-Eyed Peas in Cashew Sauce
46 Zucchini Ribbons, Pasta, and Arugula Salad



myrecipes

NEVER LOSE A RECIPE AGAIN! Use **myrecipes.com** to search and save recipes from Allrecipes, EatingWell, Food & Wine, Better Homes & Gardens, Southern Living, and Real Simple all in one place.

# Mediterranean Diet™


**Editor** MADALYN BENDGEN
**Designer** STEPHANIE HUNTER
**Contributing Copy Editor** ANGELA RENKOSKI
**Contributing Editor** COLLEEN WEEDEN
**Proofreader** MARTHA COLOFF LONG
**Editorial Operations Specialist** SANDRA JOHNSON

**Photographers** JASON DONNELLY, CARSON DOWNING, JACOB FOX, BRIE GOLDMAN, KELSEY HANSEN
**Food Stylists** HOLLY DREESMAN, SHANNON GOFORTH, LAUREN MCANELLY, ANNIE PROBST

**FOOD**
**Executive Editor** SHELLI MCCONNELL
**Senior Content Manager** JESSICA SAARI CHRISTENSEN
**Senior Editors** MADALYN BENDGEN; CAITLYN DIIMIG, RD
**Senior Brand Manager, Test Kitchen** JULI HALE
**Brand Manager, Test Kitchen** EMILY NIENHAUS
**Culinary Specialists** BARRETT HEALD, NICOLE IRWIN, JAELYN LUONG
**Senior Food Stylist and Coordinator** LAUREN MCANELLY
**Senior Food Stylist** ANNIE PROBST
**Food Stylists** HOLLY DREESMAN, SHANNON GOFORTH
**Test Kitchen and Food Styling Fellow** ASHLEY SANDOVAL

**HOME, GARDEN & QUILTING**
**Executive Editor** KATY KICK CONDON
**Senior Editors** DORIS BRUNNETTE, NICOLE DEAN, KRISSA ROSSBUND
**Editor** ELLA SCHULTE
**Editorial Apprentice** CLEAH PHILLIPS
**Better Homes & Gardens Test Garden® Manager** SANDRA GERDES

**ART**
**Design Directors** STEPHANIE HUNTER, KIMBERLY MORGAN METZ, MICK SCHNEPF
**Art Directors** EMILY BUTTERWORTH, KRISTIN CLEVELAND, ELIZABETH STUMBO, ANNIE WALDEN
**Associate Art Director** ALISON GAMM
**Design Apprentice** TON NGOC

**EDITORIAL ADMINISTRATION**
**Copy Chief** ERIKA BJORKLUND
**Senior Copy Editors** MADELAINE JEROUSEK-SMITH, MARTHA COLOFF LONG
**Copy Editor** ELLA FIELD
**Senior Manager, Editorial Operations** HOLLY PRUETT
**Assistant Editorial Business Manager** GABRIELLE RENSLOW
**Senior Editorial Operations Specialist** ASHLEY JACOBS
**Editorial Operations Specialist** SANDRA JOHNSON
**Senior Director, Print Premedia Services** DALE TUNENDER
**Senior Director, Quality** JOSEPH KOHLER
**Vice President, Content Studios** ALLISON LOWERY
**Director, Test Kitchen** LYNN BLANCHARD
**Studios Content Director** GREG LUNA
**Photo Studio Set Construction Manager** DAVE DECARLO
**Senior Stylist and Producer** JOSEPH WANEK
**Stylists** BREANNA GHAZALI, LEXI JUHL
**Studios Prop Coordinator** HOLLY RAIBIKIS
**Premedia Trafficking Supervisor** SOPHIA MOZENA
**Director, Premedia Imaging** MICHAEL STURTZ
**Premedia Color Quality Analyst** SARAH SCHROEDER

**PREMIUM PUBLISHING**
**Vice President & General Manager** JEREMY BILOON
**Vice President & Editor in Chief** JILL WAAGE
**Vice President, Editorial Operations & Finance** GREG KAYKO

**Executive Director, Business Development & Partnerships** MEGAN PEARLMAN
**Associate Director, Business Development & Partnerships** NINA REED
**Senior Director, Brand Marketing** JEAN KENNEDY
**Associate Director, Brand Marketing** KATHERINE BARNET
**Brand Manager** MIA RINALDI
**Associate Brand Manager** GABBY AMELLO

**FINANCIAL ADMINISTRATION**
**Business Director** CASEY RINGHOFER
**Senior Business Manager** LISA CARLSON

**CIRCULATION**
**Consumer Marketing Manager** LYNN BOLINGER

**ADVERTISING & BUSINESS DEVELOPMENT**
**Vice President & Head of Sales, Lifestyle** TIFFANY EHASZ
tiffany.ehasz@people.inc
**Executive Director & Food and Beverage Lead** DAVID GINSBERG
david.ginsberg@people.inc
**Executive Director & Home/CPG Lead** MARGARET GRAFF
margaret.graff@people.inc

**ADVERTISING OPERATIONS**
1716 Locust St., Des Moines, IA 50309-3023
**Production Director** PATRICK MCGOWAN
**Senior Production Manager, Country Home** JULEE EVANS
**Production Managers** APRIL GROSS, TREVI JONES, ASHLEY SCHAUBROECK

**DIRECT MEDIA**
**Executive Director** TYLER HUB
tyler.hub@people.inc

**PEOPLE INC.**
**President, Lifestyle** ALYSIA BORSA
**Senior Vice President & Group General Manager** MÉLANIE BERLIET

**Chief Revenue Officer** BRIAN KIGHTLINGER
**Vice President, Lifestyle Marketing** KRISTIN GUINAN


**The Recipe Center** at *BHG.com/Food* contains hundreds of recipes and tips, all tested in the Better Homes & Gardens® Test Kitchen.


**FOR EDITORIAL QUESTIONS,** EMAIL SPOON@PEOPLE.INC
OR WRITE US AT ***Mediterranean Diet,***
**PREMIUM PUBLISHING,**
**1716 LOCUST ST., DES MOINES, IA 50309-3023**

***Mediterranean Diet*** is available only on the newsstand; no subscriptions available.



NEWS MEDIA ALLIANCE

People Inc.

For syndication or international licensing requests, email syndication.generic@people.inc.
For reprint and reuse permission, email mmc.permissions@people.inc.
PRINTED IN THE USA

# ZUCCHINI *and* TOMATO FRITTATA

**START TO FINISH**
30 minutes

- **8 eggs**
- **¼ tsp. salt**
- **¼ tsp. crushed red pepper**
- **1 Tbsp. olive oil**
- **1 small zucchini, thinly sliced**
- **½ cup cherry or grape tomatoes, halved**
- **2 oz. bite-size fresh mozzarella balls (bocconcini)**
- **⅓ cup coarsely chopped walnuts**
- **Tomato slices (optional)**
- **Fresh basil leaves (optional)**

**1.** Preheat broiler. In a large bowl whisk together eggs, salt, and crushed red pepper. In a 10-inch broiler-proof skillet heat oil over medium-high. Layer zucchini slices on bottom of skillet; cook, turning once, 3 minutes. Top with cherry tomatoes. Pour egg mixture over vegetables in skillet. Top with cheese and walnuts. Cook over medium, lifting mixture with a spatula so the uncooked portion flows underneath, until edges begin to set, 4 to 5 minutes.

**2.** Broil 4 inches from heat until set, 2 to 3 minutes. Cut into wedges. If you like, serve with tomato slices and basil and drizzle with additional oil.

**Makes 4 servings.**

**PER SERVING** *281 cal, 22 g fat (6 g sat fat), 382 mg chol, 334 mg sodium, 4 g carb, 1 g fiber, 2 g sugars, 17 g pro.*

## ABOUT QUINOA

Some people are sensitive to saponins, compounds found on the outside layer of quinoa grains, which is why unrinsed cooked quinoa can taste bitter. However, most quinoa that is sold in packages has been "prerinsed," which means the saponins have been removed and rinsing isn't necessary. Check the package to be sure.

2

# COMPLETE PROTEIN GRANOLA

**HANDS ON** 15 minutes
**BAKE** 25 minutes at 325°F

- 2 cups regular rolled oats
- ¾ cup chopped almonds, walnuts, or pecans
- ⅔ cup buckwheat groats
- ⅔ cup quinoa (tip, *above left*) and/or amaranth
- ¼ cup hemp and/or chia seeds
- ½ cup maple syrup
- ½ cup tahini or creamy almond butter
- 1 Tbsp. vanilla
- ½ tsp. salt
- 1 cup dried fruit (such as tart red cherries, raisins, or cranberries, or chopped apricots)
- Soy milk or desired plant milk
- Fresh fruit (such as berries, chopped apples, or sliced bananas)

**1.** Preheat oven to 325°F. Line a baking sheet with parchment paper.
**2.** In a large bowl combine first five ingredients (through hemp seeds).
**3.** In a medium bowl whisk together maple syrup, tahini, vanilla, and salt. Pour over oat mixture; toss to combine. Spread evenly on prepared baking sheet.
**4.** Bake, stirring halfway through baking, until golden brown, 25 to 30 minutes. Stir in dried fruit. Cool completely on baking sheet.
**5.** Store in an airtight container at room temperature up to 2 weeks. Serve with soy milk and fresh fruit.
**Makes 8 servings** (¾ to 1 cup granola + milk + fruit each).
**PER SERVING** *534 cal, 19 g fat (2 g sat fat), 0 mg chol, 200 mg sodium, 74 g carb, 5 g fiber, 29 g sugars, 17 g pro.*

3

# SHAKSHUKA

**HANDS ON** 20 minutes
**COOK** 25 minutes

- **2 Tbsp. olive oil**
- **1¼ cups chopped red bell pepper**
- **1 cup chopped onion**
- **1 fresh jalapeño pepper, seeded and chopped (tip, *p. 49*)**
- **3 cloves garlic, sliced**
- **1 tsp. ground cumin**
- **1 tsp. sweet paprika**
- **1 tsp. ground turmeric**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **1 28-oz. can whole plum tomatoes with juices, undrained and coarsely chopped**
- **6 eggs**
- **Crumbled feta cheese**
- **Fresh cilantro and/or oregano**
- **Torn pita (optional)**

**1.** In a 10-inch enamel-lined cast-iron skillet heat oil over medium. Add the next nine ingredients (through black pepper). Cook, stirring occasionally, until vegetables are softened, about 10 minutes. Stir in tomatoes. Bring to boiling; reduce heat. Simmer, uncovered, stirring occasionally, until slightly thickened, about 10 minutes. **2.** Break eggs, one at a time, into a small dish and slip eggs into tomato mixture. Reduce heat. Cook, covered, until the whites are completely set and yolks are of desired doneness, 5 to 10 minutes. Top with cheese and cilantro and/or oregano. If you like, serve with torn pita. **Makes 6 servings** (1 egg + ⅔ cup tomato mixture each).
**PER SERVING** *177 cal, 11 g fat (3 g sat fat), 192 mg chol, 405 mg sodium, 11 g carb, 3 g fiber, 5 g sugars, 9 g pro.*

**POACHING PERFECTION**

Vinegar is the secret ingredient that helps keep the egg whites intact.

4

# SAVORY EGG *and* AVOCADO BREAKFAST SALAD

**START TO FINISH**
20 minutes

- 2 Tbsp. plus splash cider vinegar, divided (tip, *above*)
- 4 eggs
- 2 Tbsp. olive oil
- 1 tsp. Dijon mustard
- 1 tsp. sugar
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 6 cups watercress or arugula
- 1 avocado, sliced
- 2 Tbsp. chopped fresh cilantro
- ½ tsp. chile-lime seasoning (such as Tajin brand)

**1.** Fill a 12-inch deep skillet halfway with water; bring to boiling. Add the splash of vinegar; reduce heat to simmering. Break one egg into a small bowl; gently slide egg into simmering water. Repeat with remaining three eggs. Simmer eggs until whites are set and yolks begin to thicken but are not hard, 3 to 4 minutes. Remove eggs from skillet with a slotted spoon.

**2.** Meanwhile, for dressing, in a small bowl whisk together next five ingredients (through pepper) and the 2 Tbsp. vinegar.

**3.** In a large bowl toss together watercress and dressing. Serve salad with poached eggs and sliced avocado. Sprinkle with cilantro and chile-lime seasoning. **Makes 4 servings** (1½ cups salad + 1 egg + ¼ avocado each).

**PER SERVING** *200 cal, 17 g fat (3 g sat fat), 186 mg chol, 349 mg sodium, 5 g carb, 3 g fiber, 1 g sugars, 8 g pro.*

# 5 DUTCH BABY *with* ROASTED GRAPES *and* BLACKBERRIES

**HANDS ON** 25 minutes
**BAKE** 20 minutes at 400°F
**STAND** 5 minutes

- 2 Tbsp. salted butter
- 2 tsp. olive oil
- 1½ cups fresh blackberries
- 1 cup seedless red grapes
- 2 tsp. honey
- 3 eggs
- ½ cup milk
- ⅓ cup all-purpose flour
- 1 Tbsp. sugar
- 1 tsp. vanilla
- ⅛ tsp. salt
- 1 recipe Sweetened Lavender Whipped Cream (*below*)
- Powdered sugar (optional)

**1.** In a 10-inch cast-iron or ovenproof skillet add butter; place skillet in a cold oven. Preheat oven to 400°F.
**2.** Meanwhile, in another 10-inch skillet heat oil over medium-high. Add berries and grapes; cook and stir until softened and grapes start to blister, 4 to 5 minutes. Add honey; cook and stir 1 minute.
**3.** For batter, in a blender combine next six ingredients (through salt). Cover and blend until smooth, stopping and scraping sides as necessary. Remove skillet from oven; swirl to coat bottom and sides with butter. Pour batter into hot skillet. Bake until pancake is puffed and golden brown, 20 to 25 minutes. Remove from oven; let stand 5 minutes (pancake will deflate during standing).
**4.** Top puffed pancake with Sweetened Lavender Whipped Cream and fruit mixture. Serve warm and, if you like, sprinkle with powdered sugar. **Makes 4 servings** (1 wedge + ¼ cup roasted fruit each).
**PER SERVING** *257 cal, 13 g fat (6 g sat fat), 157 mg chol, 187 mg sodium, 24 g carb, 1 g fiber, 15 g sugars, 8 g pro.*

## SWEETENED LAVENDER WHIPPED CREAM

In a small bowl combine 1 cup heavy cream and 1 Tbsp. dried lavender buds, crushed. Cover and chill 4 to 8 hours. Strain mixture; discard lavender. In a chilled mixing bowl beat cream and 2 Tbsp. sugar with a mixer on medium, beating just until soft peaks form (tips curl). Use at once or cover and chill up to 2 hours.

6

# SEEDS *and* FRUIT MUESLI

**START TO FINISH**
10 minutes

- 4 cups multigrain cereal with rolled rye, oats, barley, and wheat (such as Bob's Red Mill 5-Grain Cereal)
- 1 cup regular rolled oats
- 1 cup dried tart cherries
- 1 cup dried blueberries
- ¾ cup coarsely chopped toasted pecans
- ¾ cup raw chip coconut
- ⅓ cup flaxseeds
- ¼ cup hemp seeds
- 3 Tbsp. chia seeds
- Milk and/or vanilla-flavor yogurt
- Fresh fruit (optional)
- Honey (optional)

In a large bowl stir together first nine ingredients (through chia seeds). Transfer to an airtight container and chill up to 4 weeks. Serve with milk and/or yogurt. If you like, top with fresh fruit and honey. **Makes 8 cups.**

**PER ½ CUP** *272 cal, 10 g fat (2 g sat fat), 0 mg chol, 4 mg sodium, 41 g carb, 8 g fiber, 14 g sugars, 7 g pro*

**PER SERVING COOKED WITH MILK** *394 cal, 15 g fat (5 g sat fat), 20 mg chol, 118 mg sodium, 53 g carb, 8 g fiber, 26 g sugars, 15 g pro*

### SERVE IT WARM

**If you prefer hot cereal to start your day, in a small saucepan bring 1 cup milk or water to boiling, add ½ cup of the muesli. Simmer 7 minutes, remove from heat. Let stand 2 minutes.**

7

# PROSCIUTTO EGG CUPS

**HANDS ON** 20 minutes
**BAKE** 18 minutes at 350°F
**STAND** 3 minutes

- Nonstick cooking spray
- 8 slices prosciutto
- 8 eggs
- Black pepper
- 8 tsp. Basil Pesto (recipe, *p. 63*) or purchased basil pesto
- 8 cherry or grape tomatoes, halved

**1.** Preheat oven to 350°F. Coat eight 2½-inch muffin cups with cooking spray. Gently press a prosciutto slice onto bottom and up sides of each prepared muffin cup, carefully pleating as needed to fit cup.
**2.** Break eggs, one at a time, into a small dish and slide eggs into prosciutto-lined muffin cups. Sprinkle with pepper. Spoon 1 tsp. of the Basil Pesto onto each egg. Top with tomato halves.
**3.** Bake until whites are completely set and yolks are thickened, 18 to 20 minutes. Let stand in muffin cups 3 to 5 minutes. Run a thin knife or offset spatula around outside of each egg cup, carefully remove from muffin cup. **Makes 8 egg cups**
**PER EGG CUP** *138 cal, 10 g fat (3 g sat fat), 200 mg chol, 379 mg sodium, 2 g carb, 0 g fiber, 1 g sugars, 11 g pro.*

# 8 EGG WHITE OMELET

**START TO FINISH**
10 minutes

- **3 egg whites or 2 egg whites and 1 whole egg**
- **⅛ tsp. black pepper**
- **½ tsp. olive oil**
- **½ cup shredded fresh spinach**
- **2 Tbsp. chopped red bell pepper**
- **2 Tbsp. crumbled feta cheese**
- **Toasted baguette slices (optional)**

**1.** In a small bowl combine egg whites and black pepper. Beat with a fork until combined but not frothy.

**2.** In an 8-inch nonstick skillet with flared sides heat oil over medium-high. Pour egg white mixture into skillet. Reduce heat to medium. As mixture sets, run a spatula around edges of skillet, lifting egg white mixture so uncooked portion flows underneath. Continue cooking and lifting edges until egg white mixture is set but still shiny.

**3.** Top half of the omelet with spinach, bell pepper, and cheese. Lift and fold unfilled half of omelet over filling. Gently slide omelet out of skillet onto a plate. If you like, top with additional spinach, sliced bell pepper, cheese, and black pepper and serve with toasted baguette slices. **Makes 1 serving.**

**PER SERVING** *72 cal, 2 g fat (0 g sat fat), 0 mg chol, 164 mg sodium, 1 g carb, 0 g fiber, 1 g sugars, 11 g pro.*

**WHAT IS A BOUREKA?**

These popular Middle Eastern pies are stuffed with a variety of fillings and are typically wrapped in flaky puff pastry or phyllo dough.

# CHEESE BOUREKAS

**HANDS ON** 10 minutes
**CHILL** 10 minutes
**AIR-FRY** 8 minutes per batch

- 1½ cups chopped fresh spinach
- 1 egg, lightly beaten, divided
- ⅓ cup ricotta cheese
- ⅓ cup crumbled feta cheese
- 2 Tbsp. chopped toasted almonds
- 1 Tbsp. finely chopped pitted Kalamata olives
- ½ tsp. minced garlic (1 clove)
- ½ tsp. lemon zest
- ½ of a 17.3-oz. pkg. frozen puff pastry (1 sheet), thawed
- ½ tsp. poppy seeds
- Nonstick cooking spray

**1.** In a 10-inch skillet heat spinach, covered, over medium until wilted. Transfer to a colander, press with a rubber spatula to remove as much liquid as possible.

**2.** For filling, in a medium bowl stir together spinach, half of the egg (about 2 Tbsp.), and next six ingredients (through lemon zest).

**3.** Line a baking sheet with parchment paper. Unfold puff pastry sheet. Cut sheet into six rectangles. Brush edges of rectangles with *water*. Spoon 2 Tbsp. filling in the center of each rectangle. Fold pastry in half over filling. Seal edges with the tines of a fork. Prick tops of each with the fork. Brush pastry with remaining egg. Sprinkle with poppy seeds. Place filled pastries on prepared baking sheet. Chill pastries until firm enough to handle, 10 to 15 minutes.

**4.** Preheat air fryer to 375°F. Coat pastries with cooking spray; add to air-fryer basket. Cook 5 minutes. Turn, cook until golden and puffed, 3 to 5 minutes more. Remove from fryer and cool. **Makes 6 bourekas.**

**PER BOUREKA** *238 cal, 16 g fat (7 g sat fat), 42 mg chol, 303 mg sodium, 18 g carb, 2 g fiber, 1 g sugars, 8 g pro.*

10

# RED PEPPER *and* FETA DIP (HTIPITI)

**HANDS ON** 20 minutes
**COOL** 5 minutes

- 2 Tbsp. olive oil, divided
- 2 cups coarsely chopped red bell peppers (tip, *below*)
- 2 cups thinly sliced onion
- 4 cloves garlic, peeled and smashed
- ¾ cup crumbled feta cheese (3 oz.)
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. fresh oregano
- ¼ tsp. salt
- ¼ tsp. crushed red pepper
- Pita chips and/or toasted bread

**1.** In a 12-inch skillet heat 1 Tbsp. of the oil over medium-high. Add peppers and onion. Cook and stir over medium until peppers are tender, 6 to 8 minutes. Add garlic. Cook and stir 3 minutes more. Spread in a shallow pan or tray to cool 5 minutes.

**2.** Place pepper mixture in a food processor or blender. Add remaining oil and next five ingredients (through crushed red pepper). Cover and blend until nearly smooth, stopping and scraping sides as necessary.

**3.** Serve with pita chips and/or toasted bread. If you like, top with additional oil and oregano. **Makes 2 cups.**

**PER 2 TBSP.** *61 cal, 4 g fat (1 g sat fat), 6 mg chol, 114 mg sodium, 5 g carb, 1 g fiber, 3 g sugars, 2 g pro*

### CHANGE IT UP!

If you like, substitute 1 cup purchased roasted red bell peppers, drained, for the 2 cups coarsely chopped bell peppers. Cook onion and garlic as directed in Step 1. Add roasted peppers to blender with onion mixture in Step 2.

11

# GREEN GODDESS WHITE BEAN DIP

**START TO FINISH**
15 minutes

- 1 lemon
- 1 15-oz. can cannellini beans, rinsed and drained
- 2 cloves garlic, peeled
- ¼ tsp. salt
- ¼ cup olive oil
- ½ cup chopped, loosely packed fresh flat-leaf parsley
- ½ cup chopped, loosely packed fresh basil
- ¼ cup chopped fresh chives
- Vegetable dippers and/or crackers

Remove 1 tsp. zest and squeeze 2 Tbsp. juice from lemon. In a blender or food processor combine beans, lemon juice, garlic, and salt. Cover and blend until smooth, stopping and scraping sides as necessary. With blender running, add oil in a thin, steady stream until smooth. Add parsley, basil, and chives; blend until combined. To serve, top with lemon zest and, if you like, additional fresh herbs and oil. Serve with vegetable dippers and/or crackers. **Makes 1¼ cups.**

**PER ¼ CUP** *150 cal, 11 g fat (2 g sat fat), 0 mg chol, 252 mg sodium, 13 g carb, 4 g fiber, 0 g sugars, 5 g pro*

12

# PROSCIUTTO-WRAPPED HONEY-LEMON SHRIMP

**HANDS ON**
40 minutes
**BROIL** 4 minutes

- 24 fresh or frozen jumbo shrimp in shells (about 1 lb.), thawed if frozen
- 1 lemon
- 2 Tbsp. honey
- 2 tsp. chopped fresh flat-leaf parsley
- 6 very thin slices prosciutto (4 to 5 oz.)
- Lemon wedges (optional)

**1.** Preheat broiler. Lightly grease the unheated rack of a broiler pan. Peel and devein shrimp, leaving tails intact. Place shrimp in a large bowl. Remove ½ tsp. zest and squeeze 2 Tbsp. juice from lemon. In a small bowl combine lemon zest and juice, honey, and parsley. Pour over shrimp; toss gently to coat.

**2.** Cut prosciutto slices in half crosswise and then in half lengthwise (24 pieces total). Wrap a piece of prosciutto around each shrimp, secure with a toothpick.

**3.** Place shrimp on prepared rack. Broil 4 to 5 inches from heat, turning once, until shrimp are opaque and prosciutto is crisp, 4 to 6 minutes.

**4.** If you like, sprinkle shrimp with additional lemon zest and chopped fresh parsley. Serve with additional honey for dipping and, if you like, lemon wedges. **Makes 8 servings** (3 shrimp appetizers each)

**PER SERVING** *84 cal, 4 g fat (0 g sat fat), 32 mg chol, 283 mg sodium, 5 g carb, 0 g fiber, 4 g sugars, 8 g pro*

PROSCIUTTO-WRAPPED
HONEY-LEMON SHRIMP

# HUMMUS 5 WAYS

START TO FINISH
10 minutes

## HOMEMADE HUMMUS

- 1 15-oz. can no-salt-added chickpeas, rinsed and drained
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. tahini
- 1 tsp. minced garlic (2 cloves)
- ¾ tsp. salt
- 3 Tbsp. olive oil
- 1 Tbsp. water
- Black pepper
- Desired dippers

**1.** In a food processor or blender combine first five ingredients (through salt). Cover and process until well mixed. With machine running, add oil then water until mixture is smooth, stopping and scraping sides as necessary. Season to taste with pepper and add additional salt.

**2.** Transfer hummus to a small bowl. If you like, drizzle with additional oil. Serve hummus with desired dippers. **Makes 1¾ cups.**

PER 2 TBSP. *67 cal, 4 g fat (1 g sat fat), 0 mg chol, 153 mg sodium, 6 g carb, 1 g fiber, 0 g sugars, 2 g pro.*

## ROASTED BEET HUMMUS

Preheat oven to 425°F. Line a 15x10-inch baking pan with foil. Spread 1 lb. beets, peeled and cut into ¾-inch pieces, in the prepared pan. Drizzle with 1 Tbsp. olive oil. Roast, covered, until tender, 40 to 45 minutes. Prepare as directed, except add roasted beets to food processor or blender with chickpeas in Step 1. To serve, swirl in 2 Tbsp. plain Greek yogurt and top with 1 Tbsp. each chopped toasted walnuts and/or roasted salted pistachio nuts and chopped fresh flat-leaf parsley. Makes 2¼ cups.

## BELL PEPPER HUMMUS

Prepare as directed, except add one 7.5-oz. jar roasted red bell peppers, drained, to food processor or blender with chickpeas in Step 1. To serve, top with 2 Tbsp. sliced green onion and ¼ tsp. chili powder. Makes 2¼ cups.

## LIME-AVOCADO HUMMUS

Prepare as directed, except add 1 avocado, chopped, to food processor or blender with chickpeas in Step 1 and substitute fresh lime juice for the lemon juice. To serve, top with 1 Tbsp. each roasted salted pepitas (pumpkin seeds) and chopped fresh cilantro. Makes 2 cups

# WHIPPED COTTAGE CHEESE *with* BLISTERED TOMATOES

**START TO FINISH**
20 minutes

- 1 16-oz. container full-fat cottage cheese or labneh
- 2 Tbsp. olive oil, divided
- 1 pint cherry tomatoes
- 1 medium shallot, thinly sliced
- 2 cloves garlic, thinly sliced
- 1 Tbsp. white wine vinegar or rice vinegar
- 1 Tbsp. honey
- ½ tsp. black pepper
- ¼ tsp. salt
- 1 Tbsp. thinly sliced fresh mint
- Crushed red pepper
- Warm torn flatbread, crackers, and/or pita chips

**1.** Place cottage cheese in a food processor. (If using labneh, stir 1 Tbsp. oil into labneh.) Cover and process until very smooth, about 30 seconds, stopping and scraping sides as necessary. With machine running, slowly add 1 Tbsp. of the oil until emulsified, 15 to 20 seconds. Chill if you like.

**2.** In a heavy 10-inch skillet heat remaining 1 Tbsp. oil over medium-high until shimmering. Add tomatoes and cook, without stirring, 2 minutes. Stir tomatoes or shake skillet, continue cooking until tomatoes start to shrivel and burst, about 1 minute more. Reduce heat to medium. Add shallot and garlic; cook until aromatic but not brown, 30 seconds. Remove from heat, add vinegar, honey, pepper, and salt. (Depending on the tomatoes, you may want additional vinegar for acidity or additional honey for sweetness.) Gently stir in mint. If you like, cool slightly.

**3.** Spread cottage cheese in a shallow plate, top with tomatoes and their juices. If you like, top with additional oil, honey, and/or mint. Sprinkle with crushed red pepper. Serve with flatbread, crackers, and/or pita chips. **Makes 4 cups**

**PER 2 TBSP** *68 cal, 3 g fat (1 g sat fat), 2 mg chol, 159 mg sodium, 8 g carb, 0 g fiber, 2 g sugars, 3 g pro.*

**WHAT TEMP TO SERVE?** The cottage cheese has a fairly loose texture after whipping but thickens to a spreadable consistency if chilled. (We like it both ways.) Likewise, the tomatoes are good hot or at room temperature. It's all very flexible.

19

# GREEK LAYER DIP

START TO FINISH
20 minutes

- 1 cup plain Greek yogurt
- ¼ cup coarsely shredded, unpeeled cucumber
- 1 Tbsp. finely chopped red onion
- 1 tsp. chopped fresh mint
- 1 8-oz. container plain hummus
- ½ cup chopped seeded tomato
- ½ cup chopped cucumber
- ½ cup crumbled feta cheese (2 oz.)
- ¼ cup sliced green onions
- 3 white and/or whole wheat pita bread rounds
- Fresh mint (optional)

**1.** In a small bowl stir together yogurt, shredded cucumber, red onion, and mint.

**2.** Spread hummus in the bottom of a 9-inch pie plate. Spread yogurt mixture over hummus. Sprinkle with tomato, chopped cucumber, feta, and green onions. If you like, cover and chill dip up to 2 hours before serving.

**3.** Split each pita bread round in half horizontally. Cut each round into eight wedges (tip, *right*). Serve dip with pita bread wedges. If you like, top with mint just before serving. **Makes 12 servings** (⅓ cup dip + 4 pita wedges each).

**PER SERVING** *111 cal, 4 g fat (2 g sat fat), 8 mg chol, 218 mg sodium, 13 g carb, 2 g fiber, 2 g sugars, 6 g pro.*

## CRISPY PITA WEDGES

For crisp pita bread dippers, preheat oven to 350°F. Line a large baking sheet with parchment paper Spread wedges in a single layer on prepared sheet Lightly sprinkle with water. Sprinkle wedges with paprika and crushed dried oregano. Bake until crisp, about 10 minutes; cool

# 20 BABA GANOUSH

**HANDS ON** 25 minutes
**ROAST** 30 minutes at 425°F

- 3 medium eggplants (about 1 lb. each)
- ½ cup tahini
- ¼ cup fresh flat-leaf parsley
- ¼ cup fresh lemon juice
- 2 cloves garlic, peeled
- ¾ tsp. salt
- 1 Tbsp. olive oil
- Crushed red pepper (optional)
- Toasted baguette slices

**1.** Preheat oven to 425°F. Line a 15x10-inch baking pan with foil. Prick eggplants all over with a fork. Place in prepared pan. Bake until very soft and skin is charred, 30 to 40 minutes. Let cool until easy to handle.

**2.** Remove and discard skins from eggplants. Place eggplants in a food processor or blender. Add next five ingredients (through salt). Cover and pulse until nearly smooth, leaving some pieces of eggplant. Season to taste with additional salt. Transfer dip to a serving bowl. Drizzle with oil and, if you like, sprinkle with crushed red pepper. Serve with baguette slices. **Makes 4½ cups.**

**PER ¼ CUP** *63 cal, 4 g fat (1 g sat fat), 0 mg chol, 101 mg sodium, 5 g carb, 2 g fiber, 2 g sugars, 2 g pro.*

**TO STORE** Transfer dip to an airtight storage container and chill up to 3 days. Let stand at room temperature before serving.

# 21 HARISSA-SPICED RACK *of* LAMB *with* ALMOND SAUCE

**HANDS ON**
25 minutes
**ROAST**
45 minutes at 325°F
**STAND**
15 minutes

- **2** 1- to 1½-lb. lamb French-style rib roasts (6 to 8 ribs each)
- **¾** tsp. salt, divided
- **½** tsp. black pepper, divided
- **2** Tbsp. harissa paste
- **¼** cup water, divided
- **1** cup finely chopped almonds
- **1** Tbsp. olive oil
- **6** cups peeled (if you like), chopped eggplant
- **1** cup chopped red bell pepper
- **¼** cup almond butter
- **¼** cup canned light coconut milk
- Fresh flat-leaf parsley, cilantro, and/or mint

**1.** Preheat oven to 325°F. Trim fat from meat. Sprinkle meat with ¼ tsp. each of the salt and black pepper. In a small bowl whisk together harissa, 2 Tbsp. of the water, and ¼ tsp. of the salt. Brush over lamb. Place almonds in a large shallow dish. Roll lamb in almonds to coat. Place meat on a rack set in a shallow roasting pan, standing roasts upright with rib bones of roasts intertwined. Insert a meat thermometer into one roast (not touching bone). Roast, uncovered, until desired doneness (45 to 60 minutes for medium rare or 1 to 1½ hours for medium). Remove from oven and cover with foil; let stand 15 minutes (the meat's temperature will rise during standing).

**2.** Meanwhile, in a 12-inch skillet heat oil over medium. Add the eggplant and bell pepper. Cook, stirring occasionally, until tender and eggplant mixture starts to clump together, about 10 minutes. Season with remaining ¼ tsp. each salt and black pepper.

**3.** For sauce, whisk together almond butter, coconut milk, and remaining 2 Tbsp. water. Carve lamb by slicing between ribs. Serve lamb with eggplant mixture, sauce, and parsley.

**Makes 6 servings** (2 ribs each)
**PER SERVING** *297 cal, 20 g fat (5 g sat fat), 61 mg chol, 374 mg sodium, 12 g carb, 6 g fiber, 5 g sugars, 21 g pro*

22

# EGGPLANT, FENNEL, *and* SAUSAGE ZITI

**HANDS ON** 25 minutes
**SLOW COOK** 6 hours (low) or 3 hours (high) + 40 minutes (high)
**STAND** 5 minutes

- 4 oz. bulk turkey sausage
- 4 cups chopped peeled eggplant
- 2 medium fennel bulbs, trimmed, cored, and thinly sliced
- 1 14.5-oz. can fire-roasted crushed tomatoes
- ½ cup water
- ¼ cup dry white wine
- 2 Tbsp. tomato paste
- 1 tsp. minced garlic (2 cloves)
- 1 tsp. dried Italian seasoning, crushed
- 6- to 8-oz. dried ziti or penne pasta
- ½ cup chopped fresh basil
- 1 cup shredded mozzarella cheese (4 oz.)

**1.** In a 10-inch skillet cook sausage over medium-high until browned. Drain off fat.
**2.** In a 5- to 6-qt. slow cooker combine sausage and next eight ingredients (through Italian seasoning). Cover and cook on low 6 to 7 hours or high 3 to 3½ hours.
**3.** If using low, turn cooker to high. Stir in pasta and basil. Cover and cook 30 minutes (tip, *below*). Stir pasta mixture. Sprinkle with cheese. Cover and cook 10 minutes more. Let stand, uncovered, 5 to 10 minutes before serving. If you like, sprinkle with additional fresh basil. **Makes 6 servings** (1¼ cups each)
**PER SERVING** *257 cal, 5 g fat (2 g sat fat), 25 mg chol, 434 mg sodium, 38 g carb, 6 g fiber, 10 g sugars, 14 g pro.*

### TIME-SAVER

If you like, prepare as directed, except cook pasta separately according to package directions and do not increase slow cooker temperature. Add pasta and basil to eggplant mixture. Sprinkle with cheese, let stand 5 minutes, and serve as directed.

# ROASTED BEAN *and* POTATO SALAD *with* TOP SIRLOIN

**HANDS ON**
15 minutes
**ROAST**
17 minutes
at 425°F

- 8 oz. whole tiny new potatoes, quartered
- 8 oz. fresh green beans, trimmed
- 1 small red onion, cut into ½-inch-thick wedges
- 1 Tbsp. olive oil, divided
- ½ tsp. salt, divided
- 2 8-oz. 1-inch-thick boneless beef top sirloin steaks
- ¼ tsp. black pepper
- 6 cups torn Bibb or romaine lettuce
- 1 pint cherry tomatoes, halved
- ¾ cup Tzatziki Sauce (recipe, p. 62)
- Fresh dill (optional)

**1.** Preheat oven to 425°F. Place two shallow baking pans in oven while preheating.

**2.** Arrange potatoes, green beans, and onion wedges in a single layer in one of the preheated baking pans. Drizzle with 2 tsp. of the oil, and sprinkle with ¼ tsp. of the salt. Place steaks in the other preheated baking pan. Brush with remaining 1 tsp. oil and sprinkle with remaining ¼ tsp. salt and the pepper.

**3.** Place pans on separate oven racks; roast until steak reaches desired doneness, 12 to 14 minutes (145°F for medium rare or 160°F for medium). Cover steaks and let stand 5 to 10 minutes. Stir potato mixture and roast until tender, 5 to 10 minutes more.

**4.** To serve, slice steaks. Top lettuce with tomatoes, potato mixture, and steak. Serve with Tzatziki Sauce. If you like, drizzle with additional oil and sprinkle with dill. **Makes 4 servings** (2¾ cups salad + 3 oz. steak + 3 Tbsp. sauce each).

**PER SERVING** *263 cal, 9 g fat (3 g sat fat), 62 mg chol, 453 mg sodium, 22 g carb, 5 g fiber, 8 g sugars, 26 g pro*

## COOKING FREEKEH

In a medium saucepan bring 2½ cups water to boiling. Add 1 cup cracked freekeh and ¼ tsp. salt. Return to boiling; reduce heat. Simmer, covered, until freekeh is tender and water is absorbed, about 20 minutes. Remove from heat; let stand, covered, to steam 5 to 10 minutes. Makes 3 cups.

24

# MEATBALL FREEKEH SALADS

**HANDS ON**
15 minutes
**BAKE**
12 minutes at 425°F

- 1 lb. lean (93%) ground beef and/or lamb
- 1 egg, lightly beaten
- ¼ cup fresh mint leaves, finely chopped
- 1½ tsp. minced garlic (3 cloves)
- 1 tsp. ground cinnamon
- ½ tsp. ground cumin
- ½ tsp. ground allspice
- ¼ tsp. black pepper
- ½ tsp. salt, divided
- 1 lb. asparagus, trimmed
- 5 Tbsp. olive oil, divided
- 2 Tbsp. tahini
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. plain fat-free Greek yogurt
- 4 cups torn red romaine leaves
- 3 cups cooked cracked freekeh (tip, *above*)
- Pomegranate seeds
- Pomegranate molasses (optional)
- Toasted pine nuts (optional)

**1.** Place one oven rack in upper third and one in bottom third of oven. Preheat oven to 425°F. Line two large baking sheets with parchment paper.

**2.** In a medium bowl combine first eight ingredients (through black pepper) and ¼ tsp. of the salt. Form beef mixture into 16 meatballs and arrange on one of the prepared baking sheets. Arrange asparagus on the other prepared baking sheet, drizzle with 1 Tbsp. of the oil. Season with additional salt and pepper.

**3.** Bake meatballs on top rack and asparagus on bottom rack until meatballs are done (160°F) and asparagus is tender, 12 to 15 minutes.

**4.** For dressing, in a bowl whisk together remaining ¼ cup oil, the tahini, lemon juice, yogurt, and remaining ¼ tsp. salt.

**5.** To serve, top romaine with freekeh, meatballs, asparagus, and pomegranate seeds. Drizzle with dressing. If you like, drizzle with pomegranate molasses and top with pine nuts. **Makes 4 servings** (4 meatballs + 1 cup romaine + ¾ cup freekeh + 4 oz. asparagus each)

**PER SERVING** *571 cal, 29 g fat (6 g sat fat), 117 mg chol, 545 mg sodium, 48 g carb, 8 g fiber, 2 g sugars, 36 g pro*

# 25 LEBANESE-STYLE KAFTA KABOBS

**HANDS ON**
25 minutes
**BAKE**
20 minutes at 350°F

- 1 lb. lean (93%) ground beef
- 1 medium yellow onion, shredded and drained in a strainer
- ¼ cup finely chopped fresh flat-leaf parsley
- 1 Tbsp. Aleppo pepper or ½ tsp. crushed red pepper
- ½ tsp. ground cumin
- ½ tsp. paprika
- ¼ tsp. ground allspice
- 1½ tsp. minced garlic (3 cloves), divided
- ½ tsp. salt, divided
- ½ tsp. black pepper, divided
- ½ cup plain low-fat yogurt
- ¼ cup shredded cucumber, drained and patted dry
- 2 tsp. finely chopped fresh mint
- 2 tsp. fresh lemon juice
- Lemon wedges (optional)

**1.** Preheat oven to 350°F. Line a 15x10-inch baking pan with parchment paper; place a wire rack in pan. In a large bowl, combine first seven ingredients (through allspice), 1 tsp. of the garlic, and ¼ tsp. each of the salt and black pepper. Divide mixture into 12 portions.

**2.** Using twelve 6- to 8-inch skewers (tip, *below left*), form an oblong portion (3½x1¼ inches) of meat mixture around each skewer. Place skewers on rack in prepared pan. Bake until meat mixture is done (160°F), 20 to 25 minutes. Remove; preheat broiler. Broil skewers 4 inches from heat until browned, 1 to 2 minutes.

**3.** Meanwhile, for yogurt sauce, in a small bowl combine next four ingredients (through lemon juice), remaining ½ tsp. garlic and ¼ tsp. each salt and black pepper. Serve kabobs with yogurt sauce and, if you like, lemon wedges and additional fresh mint. **Makes 4 servings** (3 kabobs + about ¼ cup sauce each)

**PER SERVING** *222 cal, 9 g fat (4 g sat fat), 73 mg chol, 392 mg sodium, 8 g carb, 1 g fiber, 4 g sugars, 26 g pro*

If using wooden skewers, soak in water 30 minutes before using.
WHAT IS KAFTA?
Kafta, or kofta, is grilled ground meat, skewered and cooked over a hot grill. Here we're using beef, but you can swap in lamb or pork.

## COOKING FARRO

In a small saucepan combine 1 cup water and ⅓ cup farro. Bring to boiling, reduce heat. Simmer, covered, until farro is tender, 25 to 30 minutes. Drain if needed. Makes 1 cup

# 26 GARLIC-LIME PORK *with* FARRO *and* KALE

**START TO FINISH**
20 minutes

- **3 Tbsp. fresh lime juice**
- **1 Tbsp. peanut butter or almond butter**
- **1½ tsp. honey**
- **¼ tsp. salt**
- **1 lb. pork tenderloin, trimmed and cut into 12 slices**
- **¼ tsp. black pepper**
- **Nonstick cooking spray**
- **2 tsp. olive oil, divided**
- **2 tsp. minced garlic (4 cloves)**
- **1 cup cooked farro (tip, *above right*)**
- **8 oz. chopped fresh kale**
- **2 Tbsp. chopped toasted walnuts (optional)**
- **Fresh chopped cilantro and lime halves (optional)**

**1.** In a small bowl whisk together lime juice, peanut butter, honey, and salt. Season pork with pepper.

**2.** Coat a 10-inch nonstick skillet with cooking spray. Add 1 tsp. of the oil to skillet. Heat skillet over medium-high. Add pork; cook until browned, about 3 minutes. Turn pork, add remaining 1 tsp. oil and garlic. Cook until meat is done (145°F), 2 to 3 minutes more. Remove pork from skillet; cover and keep warm.

**3.** Stir lime mixture into drippings in the skillet. Add cooked farro; cook and stir over medium until grains are separated. Add kale; cook and stir until mixture is heated through and kale is coated and beginning to soften. If you like, season with additional pepper.

**4.** Serve pork with farro mixture. If you like, serve with walnuts, cilantro, and limes.

**Makes 4 servings** (3 pork slices + ¾ cup farro mixture each)

**PER SERVING** *352 cal, 17 g fat (5 g sat fat), 68 mg chol, 269 mg sodium, 21 g carb, 4 g fiber, 4 g sugars, 30 g pro*

27

# ARUGULA SALAD *with* ROASTED PORK, PEARS, *and* BLUE CHEESE

**HANDS ON**
25 minutes
**ROAST**
20 minutes at 400°F
**STAND**
5 minutes

- Nonstick cooking spray
- 1 lb. pork tenderloin
- 3 Tbsp. balsamic vinegar
- 2 Tbsp. olive oil
- 2 tsp. fresh lemon juice
- 1 tsp. honey
- 1 tsp. Dijon mustard
- 2 tsp. finely chopped fresh rosemary or ¾ tsp. dried rosemary, crushed
- ½ tsp. minced garlic (1 clove)
- ½ tsp. salt, divided
- ½ tsp. black pepper, divided
- 8 cups fresh arugula
- 4 small or 2 large red pears, cut into wedges
- ¼ cup crumbled blue cheese (1 oz.)
- 2 Tbsp. chopped toasted walnuts

**1.** Preheat oven to 400°F. Coat a shallow baking pan with cooking spray. Place pork in prepared pan.
**2.** For dressing, in a large bowl whisk together next seven ingredients (through garlic) and ¼ tsp. each of the salt and pepper. Remove 1 Tbsp. dressing, brush over pork. Season pork with remaining ¼ tsp. each salt and pepper.
**3.** Roast pork until done (145°F), 20 to 22 minutes. Transfer pork to a cutting board, let stand 5 minutes. Cut into ¾-inch-thick slices.
**4.** Add arugula and pears to dressing in the large bowl, toss to coat. To serve, top salad mixture with pork, cheese, and walnuts.
**Makes 4 servings** (3 oz. pork + 3 cups salad each)
**PER SERVING** *352 cal, 16 g fat (4 g sat fat), 62 mg chol, 692 mg sodium, 25 g carb, 5 g fiber, 16 g sugars, 27 g pro*

# 28 LAMB FATAH *with* ASPARAGUS

**START TO FINISH**
25 minutes

- 1 Tbsp. olive oil
- 1 cup halved and sliced onion
- 2 tsp. minced garlic (4 cloves)
- 12 oz. boneless lamb leg or beef sirloin steak, trimmed and cut into 2x½-inch pieces
- 1 14.5-oz. can reduced-sodium beef broth
- 1 cup whole wheat Israeli-style (large pearl) couscous
- ½ tsp. dried oregano, crushed
- ½ tsp. ground cumin
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 lb. thin asparagus spears, bias-sliced into 2-inch pieces
- ¾ cup chopped red bell pepper
- Fresh oregano (optional)
- Lemon wedges (optional)

**1.** In a 10-inch skillet heat oil over medium-high. Add onion; cook and stir 3 minutes. Add garlic, cook and stir 1 minute. Add lamb, cook until browned on all sides, 3 to 5 minutes.
**2.** Stir in next six ingredients (through black pepper). Bring to boiling, reduce heat. Cover and simmer, stirring occasionally, 10 minutes. Stir in asparagus and bell pepper. Cover and simmer until vegetables are crisp-tender, 3 to 5 minutes more. If you like, top with oregano and serve with lemon wedges. **Makes 4 servings** (1½ cups each).
**PER SERVING** *334 cal, 9 g fat (3 g sat fat), 54 mg chol, 390 mg sodium, 39 g carb, 6 g fiber, 6 g sugars, 26 g pro.*

**ISRAELI-STYLE COUSCOUS**
Also known as pearl couscous, Israeli couscous is a type of semolina pasta. It is larger than traditional couscous and is known for its chewier texture and toasted wheat flavor.

## COOKING FARRO

In a medium saucepan combine 3 cups reduced-sodium chicken broth or water and 1¼ cups farro. Bring to boiling; reduce heat. Simmer, covered, until farro is tender, 25 to 30 minutes. Drain if needed. Makes 3 cups.

29

# ITALIAN-STYLE FRIED FARRO

**START TO FINISH**
20 minutes

- 2 Tbsp. olive oil, divided
- 2 10-oz. pkg. shaved Brussels sprouts (tip, *above right*)
- ½ cup coarsely chopped red onion
- 2 oz. thinly sliced prosciutto, cut into thin strips
- ½ cup chopped walnuts
- 1 tsp. minced garlic (2 cloves)
- 3 cups cooked farro (tip, *above left*), chilled
- 2 Tbsp. balsamic glaze
- 2 Tbsp. shredded Parmesan cheese
- 2 Tbsp. chopped fresh basil
- Cracked black pepper

**1.** In a wok or 12-inch nonstick skillet heat 1 Tbsp. of the oil over medium-high. Add Brussels sprouts and onion; cook and stir just until crisp-tender, about 4 minutes. Add prosciutto, walnuts, and garlic; cook and stir 2 minutes. Add chilled farro and remaining 1 Tbsp. oil. Cook and stir until heated through, 3 to 4 minutes more.

**2.** To serve, drizzle sprouts mixture with balsamic glaze. Sprinkle with cheese, basil, and pepper. **Makes 4 servings** (1⅓ cups each).

**PER SERVING** *461 cal, 20 g fat (3 g sat fat), 17 mg chol, 393 mg sodium, 56 g carb, 10 g fiber, 4 g sugars, 17 g pro.*

30

# HARISSA-SPICED COUSCOUS SALAD *with* CHICKEN

**HANDS ON** 25 minutes
**COOK** 17 minutes

- 1 preserved lemon
- 1 14.5-oz. can reduced-sodium chicken or vegetable broth
- 1 Tbsp. Homemade Harissa Sauce (recipe, *p. 63*) or purchased harissa sauce
- 2 Tbsp. olive oil
- 3 green onions, white and green parts separated and thinly sliced
- 1 cup Israeli-style (large pearl) couscous
- ¼ cup golden raisins
- ½ cup frozen fire-roasted whole kernel corn
- 1 cup multicolor cherry tomatoes, halved
- ½ cup chopped fresh flat-leaf parsley
- ⅓ cup roasted, unsalted pistachio nuts
- 1 recipe Harissa Vinaigrette (*above right*)
- ¼ cup crumbled feta cheese (1 oz.)
- 2 Tbsp. chopped fresh mint
- 1 lb. cooked boneless chicken breasts or thighs, sliced

**1.** Quarter preserved lemon, remove and discard pulp, and cut peel into strips. If very salty, rinse with water; pat dry.
**2.** In a saucepan whisk together chicken broth and Homemade Harissa Sauce. Bring to boiling. Reduce heat to low; cover and keep warm.
**3.** Meanwhile, in a 12-inch nonstick skillet heat oil over medium-high. Add white parts of the green onions and cook until fragrant, about 1 minute. Add couscous and cook until toasted, about 5 minutes. Slowly stir in chicken broth mixture and raisins; bring to boiling. Reduce heat; cook, uncovered, stirring occasionally, until couscous is tender and all liquid has been absorbed, about 10 minutes. Add corn; cook 1 minute more.
**4.** Remove skillet from heat; add tomatoes, parsley, pistachios, preserved lemon strips, and Harissa Vinaigrette. Toss to combine. Top with feta, mint, and remaining green onions. Serve with chicken. **Makes 4 servings** (¾ cup salad + 4 oz. chicken each).

**PER SERVING** *499 cal, 26 g fat (4 g sat fat), 8 mg chol, 617 mg sodium, 56 g carb, 4 g fiber, 14 g sugars, 12 g pro*

## HARISSA VINAIGRETTE

In a small bowl whisk together 3 Tbsp. olive oil, 2 Tbsp. red wine vinegar, 1 Tbsp. Homemade Harissa Sauce (recipe, *p. 63*) or purchased harissa sauce, 1 Tbsp. finely chopped shallot, 2 tsp. honey, ½ tsp. ground cumin, ¼ tsp. ground coriander, ¼ tsp. black pepper, and ⅛ tsp. salt.

## NO PRESERVED LEMON?

If you can't find preserved lemons at your supermarket, use the zest and juice of 1 lemon and stir into the salad in Step 4 with the tomatoes.

31

# TAHINI CHICKEN SALAD LETTUCE CUPS

**START TO FINISH**
25 minutes

- ¼ cup tahini
- 3 Tbsp. fresh lemon juice
- ½ tsp. minced garlic (1 clove)
- 2 Tbsp. olive oil
- 2 tsp. Za'atar Spice Blend (recipe, *p. 60*)
- 1 tsp. brown or Dijon mustard
- ½ tsp. ground cumin
- ¼ tsp. salt
- 2 cups chopped cooked chicken
- 1 cup finely chopped celery
- ⅓ cup chopped fresh chives
- 6 romaine or iceberg lettuce leaves
- 1 cup sliced cucumber
- 1 cup grape tomatoes or seedless red grapes, halved

For dressing, in a medium bowl whisk together the first eight ingredients (through salt) until well combined. Whisk in 2 to 3 Tbsp. *cold water* to reach desired consistency. Add chicken, celery, and chives to dressing; stir to combine. Fill lettuce leaves with chicken mixture; top with cucumber and tomatoes. If you like, sprinkle with additional Za'atar Spice Blend. **Makes 6 servings** (1 lettuce leaf + ½ cup filling each)

**PER SERVING** *208 cal, 14 g fat (2 g sat fat), 41 mg chol, 116 mg sodium, 6 g carb, 2 g fiber, 2 g sugars, 16 g pro.*

CHICKEN, SHRIMP, AND COUSCOUS SKILLET

## 32

# PEACHY CHICKEN PASTA SALAD

**START TO FINISH**
30 minutes

- 8 oz. dried pasta (such as radiatore, bow tie, campanelle, or penne)
- 1 lb. skinless, boneless chicken breasts, cut into bite-size pieces
- Salt and black pepper
- 5 Tbsp. olive oil, divided
- 1 medium red onion, thinly sliced
- 2 large peaches, halved, pitted, and coarsely chopped, or 2 ripe pears, cored and coarsely chopped
- ½ cup chopped toasted walnuts (tip, *p. 91*)
- ½ cup packed fresh basil leaves, chopped
- 2 Tbsp. balsamic or red wine vinegar

**1.** Cook pasta according to package directions. Drain, rinse with cold water. Drain again, return to pot.
**2.** Meanwhile, sprinkle chicken with salt and pepper. In a 10-inch skillet heat 1 Tbsp. of the oil over medium-high. Add chicken, cook until browned and almost cooked through, 5 to 6 minutes. Add onion to skillet; cook until chicken is done and onion slices have softened, 2 to 3 minutes more. Stir chicken mixture, peaches, walnuts, and basil into cooked pasta. In a small bowl whisk together vinegar and remaining 4 Tbsp. oil. Add to pasta mixture; toss to coat. **Makes 8 servings** (1¼ cups each)
**PER SERVING** *323 cal, 15 g fat (2 g sat fat), 41 mg chol, 102 mg sodium, 29 g carb, 2 g fiber, 6 g sugars, 18 g pro.*

## 33

# CHICKEN, SHRIMP, *and* COUSCOUS SKILLET

**HANDS ON**
20 minutes
**COOK**
10 minutes

- 10 oz. fresh or frozen medium shrimp
- 1 Tbsp. olive oil
- 1 cup chopped onion
- 1 tsp. minced garlic (2 cloves)
- 1 14.5-oz. can no-salt-added diced tomatoes, undrained
- 1 14.5-oz. can reduced-sodium chicken broth
- ¾ tsp. smoked paprika
- Dash saffron threads
- ¾ cup Israeli-style (large pearl) couscous
- 3 cups shredded cooked chicken
- ½ cup frozen peas
- ¼ to ½ tsp. Aleppo pepper or crushed red pepper
- Chopped fresh flat-leaf parsley
- Lemon wedges

**1.** Thaw shrimp if frozen. Peel and devein shrimp, pat dry with paper towels. In a 12-inch skillet heat oil over medium. Add onion and garlic to skillet. Cook, stirring occasionally, 5 minutes. Add tomatoes, broth, paprika, and saffron to skillet. Bring to boiling, stir in couscous. Reduce heat. Simmer, covered, 5 minutes.
**2.** Add shrimp, chicken, and peas to skillet, cover and cook until shrimp are opaque and couscous is tender, about 5 minutes more. Sprinkle with Aleppo pepper and chopped parsley. Serve with lemon wedges. **Makes 4 servings** (1½ cups each)
**PER SERVING** *428 cal, 11 g fat (2 g sat fat), 186 mg chol, 451 mg sodium, 35 g carb, 3 g fiber, 6 g sugars, 45 g pro.*

34

# CHICKEN SOUVLAKI *en* PAPILLOTE

**HANDS ON**
15 minutes
**BAKE**
20 minutes at 400°F

- 4 4- to 6-oz. skinless, boneless chicken thighs
- 3 Tbsp. fresh lemon juice
- 1 Tbsp. olive oil
- 1 tsp. minced garlic (2 cloves)
- 1 tsp. Greek-Style Seasoning (recipe, *p. 60*) or ½ tsp. each dried oregano and dried rosemary, crushed
- ¼ tsp. black pepper
- ¾ cup canned chickpeas, rinsed and drained
- ⅔ cup cherry tomatoes, halved
- ¼ cup sliced pitted green or Kalamata olives
- Chopped fresh flat-leaf parsley (optional)

**1.** Preheat oven to 400°F. Using the flat side of a meat mallet, flatten chicken between two pieces of plastic wrap to ½ inch thick.
**2.** In a medium bowl whisk together next five ingredients (through pepper). Add chicken, toss to coat.
**3.** Tear off four 15-inch-square pieces of parchment paper. Fold in half like a book and make a crease. For each packet, open paper up; set a piece of chicken near crease on one side. Add chickpeas around chicken. Top chicken with tomatoes and olives.
**4.** Fold parchment over chicken and fold edges of parchment several times to seal. Place packets in a large shallow baking pan. Bake until chicken is done (175°F), about 20 minutes. (Check doneness by carefully opening one packet; insert a thermometer into chicken. If not done, seal packet and continue baking in 5-minute increments.) If you like, sprinkle with parsley. **Makes 4 servings** (1 chicken thigh + ½ cup chickpea mixture each)

**PER SERVING** *235 cal, 11 g fat (2 g sat fat), 107 mg chol, 283 mg sodium, 9 g carb, 2 g fiber, 2 g sugars, 25 g pro*

## JUST ADD COUSCOUS

In a small saucepan bring 1½ cups water, 1 Tbsp. olive oil, and ¼ tsp. salt to boiling. Add 1 cup whole wheat couscous. Remove from heat. Cover and let stand 5 minutes. Fluff with a fork. When forming packets, divide couscous evenly among parchment sheets before layering with other ingredients. Bake packets as directed.

POULTRY

**HOLD THE LEAVES**
This traditional no-lettuce Greek salad (known as Horiatiki) is composed of humble ingredients like tomatoes, cucumbers, red onion, Kalamata olives, and feta cheese and tossed with a red wine vinaigrette. It's a simple salad packed with flavor, texture, and healthful nutrients.

# 35 GREEK-STYLE CHICKEN SALAD

**START TO FINISH**
20 minutes

- **8 oz grape tomatoes, halved, or 3 medium roma tomatoes, chopped**
- **1 small cucumber, halved lengthwise and cut into ½-inch slices**
- **1 cup bite-size pieces green bell pepper**
- **½ cup thinly sliced red onion**
- **⅓ cup pitted Kalamata olives, halved**
- **2 oz high-quality sheep's-milk feta cheese, crumbled**
- **2 Tbsp. olive oil**
- **2 Tbsp. red wine vinegar**
- **½ tsp. dried oregano, crushed**
- **¼ tsp. salt**
- **1 Tbsp. capers (optional)**
- **1 lb. cooked chicken breast, sliced**
- **Fresh basil and/or oregano (optional)**

In a large bowl combine the first five ingredients (through olives). Transfer to a serving platter. Top with feta. Drizzle with oil and vinegar and sprinkle with dried oregano, salt, and capers (if using). Top with sliced chicken and, if you like, sprinkle with fresh basil and/or oregano. **Makes 4 servings** (1⅓ cups salad + 4 oz chicken each)

**PER SERVING** *338 cal, 17 g fat (4 g sat fat), 109 mg chol, 661 mg sodium, 7 g carb, 2 g fiber, 4 g sugars, 38 g pro*

POULTRY

# BASQUE-STYLE CHICKEN

**HANDS ON** 15 minutes
**COOK** 20 minutes

- 1¼ lb. skinless, boneless chicken thighs, cut into 2-inch pieces
- ½ tsp. salt, divided
- ¼ tsp. black pepper
- 1 Tbsp. olive oil
- 1 cup thinly sliced onion
- 1 red bell pepper, cut into ¼-inch-thick strips
- 1 tsp. minced garlic (2 cloves)
- 12 oz. red potatoes, cut into ½-inch wedges and halved if large
- 1 14.5-oz. can diced tomatoes, drained
- 1 cup reduced-sodium chicken broth
- 1 tsp. chopped fresh thyme or ¼ tsp. dried thyme, crushed
- ½ tsp. dried savory, crushed
- ⅓ cup small pimiento-stuffed olives

**1.** Sprinkle chicken with ¼ tsp. of the salt and the black pepper. In a 5- to 6-qt. pot heat oil over medium-high. Add chicken; cook, turning to brown evenly, until lightly browned, about 4 minutes.

**2.** Add onion and bell pepper to pot with chicken; cook until crisp-tender, about 3 minutes. Add garlic; cook 30 seconds more. Add next five ingredients (through savory) and remaining ¼ tsp. salt. Bring to boiling; reduce heat. Simmer, covered, until chicken and potatoes are tender, about 20 minutes. Remove from heat. Stir in olives. If you like, top with additional fresh thyme. **Makes 6 servings** (1½ cups each)

**PER SERVING** *204 cal, 6 g fat (1 g sat fat), 79 mg chol, 576 mg sodium, 16 g carb, 3 g fiber, 5 g sugars, 21 g pro*

## MAKE IT IN THE SLOW COOKER

Sprinkle chicken with ¼ tsp. of the salt. In a 3½- or 4-qt. slow cooker combine the chicken, onion, bell pepper, and potatoes. Stir in tomatoes, broth, garlic, thyme, savory, remaining ¼ tsp. salt, and the black pepper. Cover and cook on low 10 to 11 hours or high 5 to 5½ hours. Stir in olives and, if you like, top with additional fresh thyme.

# 37 CHICKEN-CHICKPEA GRAIN BOWL

**HANDS ON** 15 minutes
**BAKE** 25 minutes at 450°F
**GRILL** 12 minutes

- 1 15-oz. can chickpeas, rinsed, drained, and patted dry
- ⅓ cup plus 3 Tbsp. olive oil, divided
- 1 tsp. hot sauce (optional)
- ¾ tsp. salt, divided
- ¾ tsp. black pepper, divided
- Dash paprika
- 5½ cups reduced-sodium chicken broth
- 3 cups quinoa, rinsed and drained
- 1½ lb. skinless, boneless chicken breasts
- 1 tsp. lime zest
- ¼ cup fresh lime juice
- 1 avocado, sliced
- 6 soft-cooked eggs, peeled and halved
- 2 cups baby arugula
- Chopped fresh chives (optional)

**1.** For chickpeas, preheat oven to 450°F. In a medium bowl combine chickpeas, the 3 Tbsp. oil, hot sauce (if using), ¼ tsp. each of the salt and pepper, and the paprika. Spread in a 15x10-inch baking pan. Bake, stirring once, until browned and crisp, 25 to 30 minutes. Remove and cool.

**2.** Meanwhile, in a 3- to 4-qt. saucepan bring broth to boiling. Stir in quinoa. Return to boiling, reduce heat. Simmer, covered, until broth is absorbed, about 15 minutes. Remove from heat. Let stand 10 minutes.

**3.** For chicken, season chicken with ¼ tsp. each of the salt and pepper. Grill, covered, over medium, turning once, until chicken is done (165°F), 12 to 15 minutes. Remove from grill; slice chicken.

**4.** For dressing, in a screw-top jar combine the ½ cup oil, lime zest, lime juice, and remaining ¼ tsp. each salt and pepper. Cover and shake until well combined.

**5.** To serve, divide quinoa among bowls. Top with chicken, chickpeas, avocado, egg halves, and arugula. Drizzle with dressing. If you like, sprinkle with chives and additional pepper. **Makes 6 servings** (2⅔ cups each).

**PER SERVING** *850 cal, 42 g fat (7 g sat fat), 269 mg chol, 907 mg sodium, 68 g carb, 10 g fiber, 3 g sugars, 50 g pro.*

38

# MINI GYRO BURGERS *with* WATERMELON-FETA SALAD

**HANDS ON**
20 minutes
**BROIL**
6 minutes

POULTRY

## WATERMELON-FETA SALAD

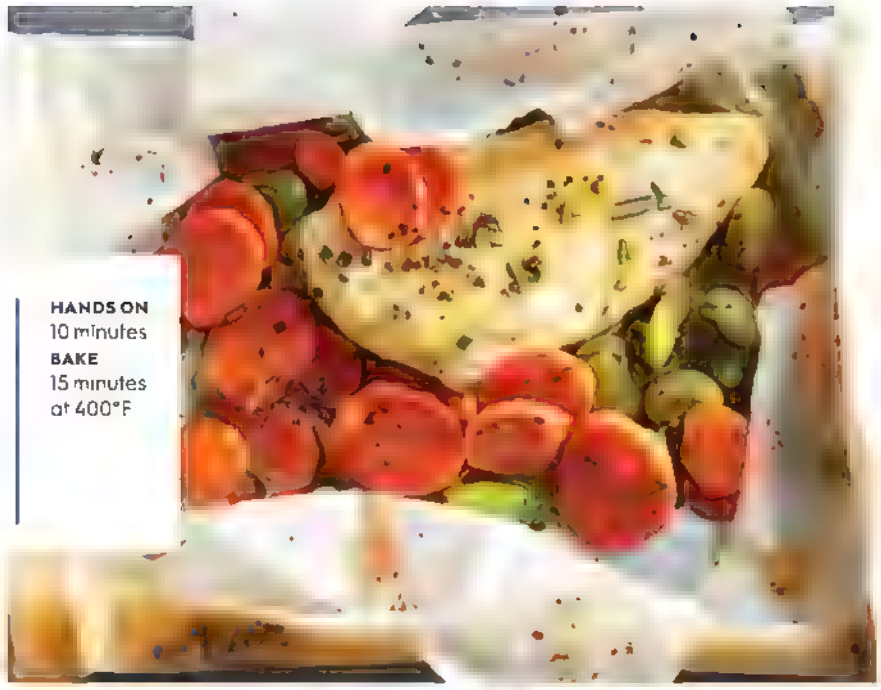
In a small bowl combine 1 cup chopped seedless watermelon, 2 Tbsp crumbled feta cheese (½ oz.), 2 Tbsp. finely chopped red onion, 1 Tbsp. chopped fresh mint, 1 Tbsp. fresh lemon juice, and 1 tsp. olive oil. Serve immediately. Makes about 1⅓ cups.

- 12 oz. ground turkey breast
- 4 oz. lean ground lamb or beef
- ¼ cup chopped fresh mint
- ½ tsp. dried oregano, crushed
- 2 Tbsp. finely chopped red onion
- ¼ tsp. salt
- ¼ tsp. black pepper
- 4 whole wheat or plain pita bread rounds
- 1 recipe Watermelon-Feta Salad *(left)*
- Fresh mint leaves (optional)

**1.** Preheat broiler. In a medium bowl combine first seven ingredients (through pepper). Shape into eight ½-inch-thick patties; place on a foil-lined baking sheet.

**2.** Broil patties 4 inches from heat, turning once, until done (165°F), 6 to 9 minutes. Place two patties on each pita; top with Watermelon-Feta Salad and, if you like, mint leaves. **Makes 4 sandwiches.**

**PER SANDWICH** *372 cal, 10 g fat (4 g sat fat), 59 mg chol, 610 mg sodium, 41 g carb, 4 g fiber, 5 g sugars, 32 g pro*



## 39 ROSEMARY-MAPLE GLAZED CHICKEN

**HANDS ON** 10 minutes
**BAKE** 15 minutes at 400°F

- 4 4- to 6-oz. skinless, boneless chicken breasts
- 3 Tbsp. maple syrup
- 2 Tbsp. olive oil
- 1 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. Dijon mustard
- 1 tsp. chopped fresh rosemary or ¼ tsp. dried rosemary, crushed
- 1 cup frozen peeled fava beans, thawed
- 1 cup thinly sliced carrots
- ¼ tsp. black pepper
- ⅛ tsp. salt

**1.** Preheat oven to 400°F. Using the flat side of a meat mallet, flatten chicken between two pieces of plastic wrap to ½ inch thick.
**2.** In a medium bowl, whisk together next five ingredients (through rosemary). Add chicken, toss to coat.
**3.** Tear off four 15-inch-square pieces of parchment paper. Fold in half like a book and make a crease. For each packet, open paper up, set a piece of chicken near crease on one side. Add ¼ cup each fava beans and carrots around chicken. Drizzle with any remaining sauce mixture in bowl. Sprinkle with pepper and salt.
**4.** Fold parchment over chicken and vegetables and fold edges of parchment several times to seal. Place packets in a large shallow baking pan. Bake until chicken is done (165°F), about 15 minutes. (Check doneness by carefully opening one packet; insert a thermometer into chicken. If not done, seal packet and continue baking in 5-minute increments.)
**Makes 4 servings** (1 chicken breast + ½ cup vegetables each)
**PER SERVING** *301 cal, 10 g fat (2 g sat fat), 83 mg chol, 382 mg sodium, 22 g carb, 3 g fiber, 11 g sugars, 29 g pro*

## 40 AIR-FRYER CHICKEN PICCATA

**PICTURED ON P. 43**
**HANDS ON** 30 minutes
**AIR-FRY** 10 minutes at 400°F

- 2 4-oz. skinless, boneless chicken breasts or one 8-oz. chicken breast, halved horizontally
- ⅛ tsp. salt
- ¼ tsp. black pepper, divided
- 1 egg white
- 1 Tbsp. dry white wine
- ¼ cup fine dry bread crumbs
- 1 Tbsp. grated Parmesan cheese
- ¼ tsp. onion powder
- ⅛ tsp. garlic powder
- Nonstick cooking spray
- 1 recipe White Wine-Caper Sauce (*p. 43*)
- ⅓ cup dried orzo pasta
- 1 clove garlic, peeled
- 2 cups chopped fresh spinach
- ⅓ cup chopped roasted red bell peppers
- 2 tsp. olive oil
- 1 tsp. lemon zest
- 1 Tbsp. fresh lemon juice
- Chopped fresh flat-leaf parsley
- Lemon wedges (optional)

**1.** Using the flat side of a meat mallet, flatten chicken between two pieces of plastic wrap to ¼ inch thick. Season chicken with salt and ⅛ tsp. of the pepper.
**2.** Preheat air fryer to 400°F. In a shallow dish whisk together egg white and white wine. In a separate shallow dish stir together bread crumbs, cheese, onion powder, and garlic powder.
**3.** Dip each chicken piece first in the egg white mixture, allowing excess to drip off, then in the bread crumb mixture, pressing the chicken lightly to coat all sides. Coat chicken with cooking spray.
**4.** Arrange chicken in a single layer in air-fryer basket. Cook, turning once halfway through, until chicken is done (165°F), about 10 minutes.
**5.** Meanwhile, prepare White Wine-Caper Sauce. Cook orzo according to package directions, adding garlic clove to the boiling water with the pasta. Drain orzo and remove garlic. Mince garlic. Return orzo and garlic to saucepan. Stir in next five ingredients (through lemon juice) and remaining ⅛ tsp. pepper. Cook and stir over medium-low until spinach is wilted and mixture is heated through.
**6.** Serve chicken with orzo mixture, White Wine-Caper Sauce, and parsley. If you like, serve with lemon wedges. **Makes 2 servings** (1 chicken breast + ¾ cup orzo + ⅓ cup sauce each)
**PER SERVING** *488 cal, 14 g fat (4 g sat fat), 93 mg chol, 675 mg sodium, 40 g carb, 3 g fiber, 4 g sugars, 36 g pro*

POULTRY

# 41 CHICKEN GYROS

**HANDS ON** 20 minutes
**MARINATE** 20 minutes
**BROIL** 5 minutes

- 3 Tbsp. fresh lemon juice
- 2 Tbsp. olive oil
- 1½ tsp. minced garlic (3 cloves)
- 2 tsp. dried oregano, crushed
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 lb. skinless, boneless chicken breast, cut crosswise into ½-inch-wide strips
- 1 cup chopped romaine lettuce
- 1 cup chopped grape tomatoes
- 3 Tbsp. finely chopped red onion
- 1 recipe Tzatziki Sauce *(p. 62)*
- 4 whole wheat Greek pita flatbreads or pita bread rounds, warmed
- Fresh dill (optional)
- Lemon wedges (optional)

**1.** For marinade, in a small bowl whisk together first six ingredients (through pepper). Place chicken in a resealable plastic bag set in a shallow dish. Add marinade to chicken in bag. Seal bag; turn to coat. Marinate in the refrigerator, turning occasionally, at least 20 minutes or up to 2 hours.

**2.** Preheat broiler. Line a 15x10-inch baking pan with foil. Drain chicken, discard marinade. Transfer chicken to prepared pan; spread evenly. Broil 4 to 5 inches from heat until chicken is no longer pink, 5 to 7 minutes. Meanwhile, for salad, in a medium bowl combine lettuce, tomatoes, and onion.

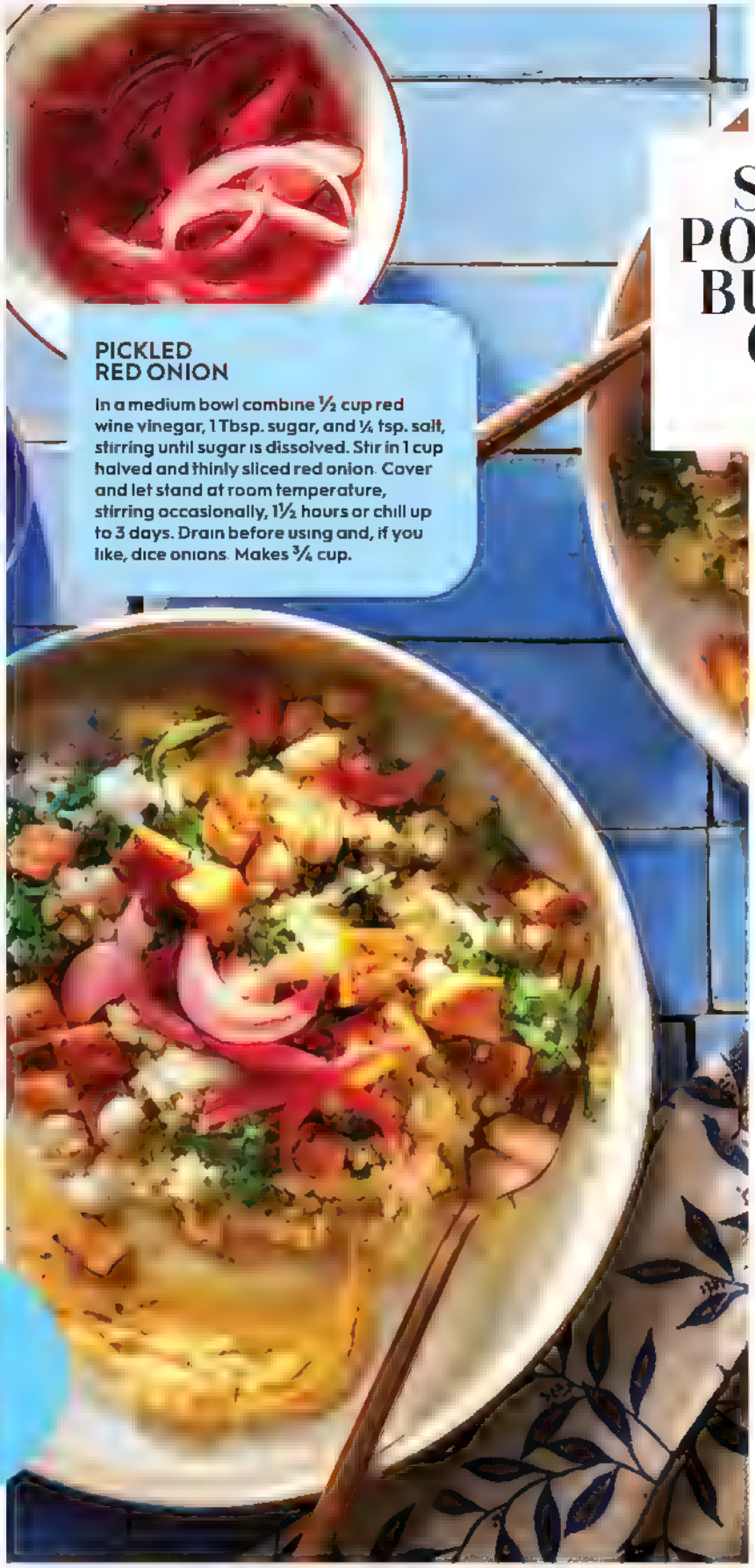
**3.** To serve, spread Tzatziki Sauce on each warm flatbread. Top with chicken and salad. (If using pita rounds, cut each in half crosswise. Spread Tzatziki Sauce inside pockets, fill with chicken and salad.) If you like, top with dill and serve with lemon wedges. **Makes 4 gyros**

**PER GYRO** *425 cal, 13 g fat (2 g sat fat), 85 mg chol, 693 mg sodium, 44 g carb, 10 g fiber, 8 g sugars, 38 g pro*

## WHITE WINE-CAPER SAUCE

In a small saucepan heat 1 tsp. olive oil over medium-high. Add 1 tsp. minced garlic (2 cloves). Cook, stirring frequently, until fragrant, 1 minute. Carefully add ½ cup dry white wine. Cook, uncovered, until wine is almost completely reduced, about 5 minutes. Add ¾ cup reduced-sodium chicken broth and 1 Tbsp. each capers and fresh lemon juice. Cook, uncovered, until reduced by half, about 8 minutes. In a small bowl whisk together 1 Tbsp. additional chicken broth and 2 tsp. cornstarch. Whisk cornstarch mixture into the white wine mixture. Cook, whisking constantly, until sauce thickens, about 1 minute. Remove from heat; stir in 1 Tbsp. heavy cream. Cover and keep warm while preparing orzo mixture.

AIR-FRYER CHICKEN PICCATA, *P. 41*



## PICKLED RED ONION

In a medium bowl combine ½ cup red wine vinegar, 1 Tbsp. sugar, and ¼ tsp. salt, stirring until sugar is dissolved. Stir in 1 cup halved and thinly sliced red onion. Cover and let stand at room temperature, stirring occasionally, 1½ hours or chill up to 3 days. Drain before using and, if you like, dice onions. Makes ¾ cup.

VEGETARIAN

# 42 SWEET POTATO-BULGUR GRAIN BOWL

**HANDS ON**
15 minutes
**ROAST**
15 minutes
at 450°F

- 1 large sweet potato, peeled and cut in ½-inch cubes (2 cups)
- 2 Tbsp. olive oil, divided
- 2 cups water
- 1 cup bulgur
- 2 cups chopped fresh kale
- ¾ cup canned chickpeas, rinsed and drained
- ¼ cup chopped fresh flat-leaf parsley or 1 Tbsp. dried parsley
- ¼ cup chopped fresh basil, dill, and/or cilantro or 1 Tbsp. dried basil, dill, and/or cilantro
- 1 Tbsp. fresh lemon juice
- ¾ cup Homemade Hummus (recipe, *p. 16*) or purchased hummus
- ½ tsp. paprika
- ½ cup green goddess salad dressing
- ¼ cup Pickled Red Onion (recipe, *above left*)

**1.** Preheat oven to 450°F. Line a baking sheet with foil. Add sweet potato cubes and 1 Tbsp. of the oil to prepared baking sheet, toss to coat. Roast until golden brown and tender, 15 minutes.
**2.** Meanwhile, in a medium saucepan bring the water to boiling. Add bulgur, reduce heat. Simmer, covered, until bulgur is tender, 15 minutes. Drain if necessary. Stir in next five ingredients (through lemon juice) and remaining 1 Tbsp. oil until combined. If you like, mash chickpeas slightly.
**3.** In a food processor combine Homemade Hummus, ½ cup of the roasted sweet potatoes, and the paprika. Process until smooth.
**4.** Divide hummus mixture among four bowls. Add bulgur mixture and remaining sweet potatoes. Drizzle with dressing. Top with Pickled Red Onion.
**Makes 4 servings** (1½ cups each)
**PER SERVING** *534 cal, 26 g fat (4 g sat fat), 12 mg chol, 546 mg sodium, 63 g carb, 13 g fiber, 7 g sugars, 13 g pro*

# 43

# FARRO PEA SALAD

**START TO FINISH** 15 minutes

- 1 small orange, zested and juiced (1 tsp. zest and ¼ cup juice)
- 2 Tbsp. white balsamic or white wine vinegar
- 1 Tbsp. honey
- 2 tsp. Dijon mustard
- ¼ tsp. salt
- ¼ tsp. ground coriander
- ¼ tsp. black pepper
- ⅓ cup olive oil
- 6 cups arugula and/or watercress (6 oz.)
- 1½ cups cooked farro
- ⅔ cup fresh or frozen shelled peas, blanched, drained, and cooled
- ½ cup chopped dried apricots
- ⅓ cup sliced pitted Kalamata olives
- ¼ cup chopped toasted pecans

**1.** For vinaigrette, in a blender combine orange zest and juice and next six ingredients (through pepper). With blender running, slowly drizzle in oil until emulsified.

**2.** In a large serving bowl combine arugula and/or watercress, cooked farro, and blanched peas. Drizzle with ⅓ cup of the vinaigrette, toss to coat. Top with apricots, olives, and pecans. Serve with remaining vinaigrette.

**Makes 4 servings** (1½ cups each)

**PER SERVING** *432 cal, 27 g fat (3 g sat fat), 0 mg chol, 440 mg sodium, 43 g carb, 6 g fiber, 18 g sugars, 7 g pro.*

**STORAGE**

Place any remaining dressing in an airtight container and chill for up to 3 days.

44

# ZUCCHINI RIBBONS, PASTA, *and* ARUGULA SALAD

**START TO FINISH**
25 minutes

- 8 oz. dried whole grain linguine
- 2 medium zucchini and/or yellow summer squash, cut lengthwise into thin ribbons (tip, *below left*)
- 2 to 3 Tbsp. olive oil
- 1 lemon
- 3 cups arugula
- ¼ cup sliced pepperoncini salad peppers
- 1½ tsp. chopped fresh oregano, tarragon, or flat-leaf parsley
- ½ to 1 tsp. minced garlic (1 to 2 cloves)
- Salt and black pepper (optional)
- Chopped toasted almonds (tip, *p. 91*) or roasted salted pistachio nuts

**1.** Cook pasta according to package directions, drain. In a large bowl combine hot pasta, zucchini, and oil, toss to coat. Cool 10 minutes.
**2.** Meanwhile, remove 1 tsp. zest and squeeze 1 to 2 Tbsp. juice from lemon. Add lemon zest and juice, arugula, salad peppers, oregano, and garlic to pasta mixture, toss to combine. If you like, season to taste with salt and black pepper. Top with almonds. **Makes 4 servings** (2 cups each)
**PER SERVING** *292 cal, 11 g fat (1 g sat fat), 0 mg chol, 90 mg sodium, 45 g carb, 8 g fiber, 5 g sugars, 11 g pro.*

## ZUCCHINI NOODLES

Use a vegetable peeler to cut zucchini into long thin ribbons. Start peeling from one end of the zucchini to the other, keeping fingers out of the way. Or cut zucchini into noodles with a vegetable spiralizer, julienne cutter, or mandoline.

# WINTER WHEAT BERRIES *and* BLACK-EYED PEAS *in* CASHEW SAUCE

**START TO FINISH**
30 minutes

**½** cup roasted unsalted cashews
**2** Tbsp. olive oil
**2** 8-oz. pkg. sliced mushrooms
**¾** tsp. salt, divided
**4** cups packaged shredded cabbage
**2** tsp. finely chopped fresh thyme or ¼ tsp. dried thyme, crushed
**¾** cup water
**1** Tbsp. fresh lemon juice
**3** cloves garlic, peeled
**3¼** cups cooked wheat berries (tip, *above right*)
**¾** cup canned black-eyed peas, rinsed and drained
Lemon wedges (optional)

**1.** In a small heatproof bowl combine cashews and enough boiling water to cover. Let stand 15 minutes.
**2.** Meanwhile, in a 10-inch skillet heat oil over medium-high. Add mushrooms and ½ tsp. of the salt. Cook until water is released and mushrooms are golden brown, about 8 minutes. Add cabbage and thyme; cook until cabbage is tender and starting to brown, 5 minutes. Remove from skillet; keep warm.
**3.** For sauce, drain cashews. In a blender combine cashews, remaining ¼ tsp. salt, the water, lemon juice, and garlic. Cover; blend until very smooth, about 2 minutes, stopping to scrape sides as needed.
**4.** In same skillet combine cashew mixture, wheat berries, and black-eyed peas. Bring to a simmer over medium. Cook and stir until thickened, about 2 minutes. If necessary, add additional water to reach desired consistency.
**5.** To serve, top wheat berry mixture with mushroom mixture. If you like, sprinkle with additional fresh thyme and serve with lemon wedges. **Makes 4 servings** (1¾ cups each).
**PER SERVING** *440 cal, 17 g fat (3 g sat fat), 0 mg chol, 545 mg sodium, 61 g carb, 13 g fiber, 7 g sugars, 18 g pro*

## COOKING WHEAT BERRIES

Cook 1¼ cups wheat berries according to package directions. Drain and cool. Store in an airtight container and chill up to 5 days. Makes 3¼ cups.

46

# WALNUT-LENTIL BURGERS

**HANDS ON**
30 minutes
**COOK**
12 minutes

- 3 Tbsp. olive oil, divided
- 6 oz. fresh mushrooms, finely chopped
- 2 cups cooked brown lentils, divided
- 1 cup walnut pieces, divided
- 1 tsp. herbes de Provence
- ½ tsp. salt
- ½ tsp. black pepper
- ½ cup fine dry bread crumbs
- 1 egg, lightly beaten
- 2 Tbsp light mayonnaise
- 1 to 2 tsp. Homemade Harissa Sauce (recipe, *p. 63*) or purchased harissa
- 8 slices sourdough bread
- Spring greens
- Soft goat cheese, sliced or crumbled (optional)
- 5 oz. bottled sweet cherry peppers, drained and halved, if you like (optional)
- Pickled Red Onion (recipe, *p. 44*) (optional)

**1.** In a 12-inch skillet heat 1 Tbsp. of the oil over medium. Add mushrooms, cook and stir until tender and liquid has evaporated, about 6 minutes.
**2.** Transfer mixture to a food processor. Add 1 cup cooked lentils, ½ cup walnut pieces, the herbes de Provence, salt, and black pepper. Cover and pulse until nearly smooth. In a large bowl combine bread crumbs and egg. Stir in lentil mixture and remaining 1 cup cooked lentils. Shape into four ½-inch-thick patties. Chop remaining ½ cup walnut pieces, place in a shallow dish. Press both sides of patties into walnuts.
**3.** In same skillet heat remaining 2 Tbsp oil over medium. Add patties, cook until done (160°F), about 3 minutes per side.
**4.** In a small bowl stir together mayonnaise and Homemade Harissa Sauce. Serve patties on bread with mayonnaise mixture and greens. If you like, top with goat cheese, peppers, and Pickled Red Onion. **Makes 4 burgers.**
**PER BURGER** *635 cal, 35 g fat (4 g sat fat), 48 mg chol, 801 mg sodium, 62 g carb, 12 g fiber, 7 g sugars, 24 g pro*

# WARM-SPICED LENTILS *with* SPINACH

**HANDS ON** 15 minutes
**PRESSURE-COOK** 15 minutes
**RELEASE PRESSURE** 15 minutes

- 5 cups reduced-sodium chicken or vegetable broth
- 3 cups brown lentils, rinsed and drained
- 1 14.5-oz. can diced tomatoes, undrained
- 1 cup finely chopped carrots
- ½ cup chopped onion
- 2 fresh serrano peppers, seeded and finely chopped (tip, *below*)
- 1 tsp. salt
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- ½ tsp. ground turmeric
- 1 14-oz. can unsweetened coconut milk
- 1 5-oz. pkg. fresh baby spinach
- Black pepper
- Hot cooked basmati or brown rice and/or whole wheat naan (optional)
- Orange wedges (optional)

**1.** In a 6-qt. electric or stove-top pressure cooker combine first 10 ingredients (through turmeric).

**2.** Lock lid in place. Set electric cooker on high pressure to cook 15 minutes. Turn off cooker. (For stove-top cooker, bring up to pressure over medium-high, reduce heat enough to maintain steady [but not excessive] pressure. Cook 15 minutes. Remove from heat.) Let stand 15 minutes to release pressure naturally. Release any remaining pressure. Open the lid carefully.

**3.** Stir in coconut milk and spinach. Season to taste with black pepper and additional salt. If you like, serve over rice and/or with naan and orange wedges. **Makes 8 servings** (1⅓ cups each)

**PER SERVING** *484 cal, 9 g fat (8 g sat fat), 0 mg chol, 823 mg sodium, 78 g carb, 10 g fiber, 5 g sugars, 23 g pro.*

**HOT TIP**

Wear gloves when handling hot peppers that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

# 48 BABA GANOUSH FLATBREAD

**HANDS ON** 20 minutes
**BAKE** 20 minutes at 450°F

- Cornmeal
- 1 recipe Food Processor Flatbread Dough (recipe, *below*) or 1 lb purchased refrigerated pizza dough
- Olive oil
- ¾ cup Baba Ganoush (recipe, *p. 21*)
- 1 cup cherry tomatoes, halved
- ¼ cup chopped toasted hazelnuts (tip, *below right*)
- ¼ cup chopped fresh mint
- Lemon zest
- Sea salt flakes

**1.** Preheat oven to 450°F. Lightly grease a baking sheet; sprinkle with cornmeal. On a lightly floured surface, roll and stretch dough into a 12x8-inch rectangle or oval. Lightly brush oil over dough. Transfer dough to baking sheet. Bake 10 minutes.
**2.** Spread crust with Baba Ganoush and top with tomatoes. Bake until crust is golden brown and crisp, about 10 minutes more. Top with hazelnuts, mint, lemon zest, and sea salt flakes. **Makes 6 servings** (1 slice each)
**PER SERVING** *275 cal, 10 g fat (1 g sat fat), 0 mg chol, 323 mg sodium, 40 g carb, 4 g fiber, 3 g sugars, 7 g pro.*

## FOOD PROCESSOR FLATBREAD DOUGH

**HANDS ON** 10 minutes
**RISE** 45 minutes

- Olive oil or nonstick cooking spray
- 2 cups all-purpose flour
- 1 pkg. active dry yeast (2¼ tsp.)
- 1 tsp. sugar
- ¼ tsp. salt
- 1 Tbsp. olive oil
- ⅔ cup warm water (105°F to 115°F)

Coat a medium bowl with olive oil. In a food processor combine next four ingredients (through salt). With food processor running, add 1 Tbsp. oil and the warm water. Process until a dough forms. Remove and shape into a smooth ball. Place dough in prepared bowl; turn once to coat dough surface. Cover bowl with plastic wrap. Let stand in a warm place until double in size (45 to 60 minutes). **Makes 6 servings.**
**PER SERVING** *179 cal, 3 g fat (0 g sat fat), 0 mg chol, 99 mg sodium, 33 g carb, 2 g fiber, 1 g sugars, 5 g pro.*

## TOASTING HAZELNUTS

Preheat oven to 375°F. Spread hazelnuts in a shallow baking pan. Bake, shaking pan once or twice, until toasted, 5 to 10 minutes. Rub warm nuts with a kitchen towel to remove loose skins.

# BARLEY *and* EDAMAME SALAD *with* RED PEPPER DRIZZLE

**START TO FINISH**
50 minutes

- 2 cups water
- ⅔ cup regular barley
- 2 cups frozen shelled edamame
- 1 cup bottled roasted red bell peppers
- 2 Tbsp. chopped fresh basil
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. olive oil
- 2 cloves garlic, peeled
- ½ cup chopped toasted almonds (tip, p. 91), divided
- Salt and black pepper
- 2 cups fresh baby spinach
- 1 avocado, sliced
- 1 medium cucumber, seeded and cut into chunks
- ¼ cup crumbled soft goat cheese (chèvre) (optional)

**1.** In a medium saucepan bring water to boiling, add barley. Reduce heat and simmer, covered, 30 minutes. Stir in edamame. Cover and cook until barley is tender, 10 minutes more. Drain off any liquid. Cool slightly.

**2.** Meanwhile, for red pepper drizzle, in a blender or food processor combine next five ingredients (through garlic) and 2 Tbsp. of the almonds. Cover and blend until smooth. Season to taste with salt and black pepper.

**3.** Arrange spinach, barley mixture, avocado, and cucumber on a platter. Top with red pepper drizzle and sprinkle with remaining almonds and, if you like, cheese. **Makes 4 servings** (2 cups salad + ¼ cup drizzle each)

**PER SERVING** *400 cal, 20 g fat (2 g sat fat), 0 mg chol, 182 mg sodium, 42 g carb, 15 g fiber, 6 g sugars, 18 g pro.*

# CHICKPEA *and* FREEKEH SALAD

**START TO FINISH**
35 minutes

- **1¼ cups water**
- **½ cup cracked freekeh**
- **1 15-oz. can chickpeas, rinsed and drained**
- **1 avocado, cubed**
- **3 oz. cubed feta cheese**
- **2 oz. chopped salami**
- **½ cup chopped fresh mint**
- **½ cup chopped fresh flat-leaf parsley**
- **½ tsp. minced garlic (1 clove)**
- **1 Tbsp. olive oil**
- **Salt and black pepper**

**1.** In a medium saucepan bring the water to boiling. Stir in freekeh. Return to boiling; reduce heat. Simmer, covered, until freekeh is tender and most of the liquid is absorbed, 20 minutes. Drain off any excess liquid.

**2.** Meanwhile, in a large bowl combine next seven ingredients (through garlic). Drizzle with oil; toss gently to coat.

**3.** Place freekeh in a sieve and run under cold water to cool quickly; drain well. Stir freekeh into chickpea mixture. Season to taste with salt and pepper. If you like, cover and chill up to 4 hours before serving. **Makes 4 servings** (1¼ cups each)

**PER SERVING** *362 cal, 19 g fat (6 g sat fat), 31 mg chol, 556 mg sodium, 35 g carb, 11 g fiber, 4 g sugars, 15 g pro*

51

# CUCUMBER *and* PITA SALAD *with* LEMON VINAIGRETTE

**START TO FINISH**
25 minutes

- **2 Tbsp. plus ¼ cup olive oil, divided**
- **2 pita bread rounds, torn into bite-size pieces**
- **¼ cup fresh lemon juice**
- **1 tsp. minced garlic (2 cloves)**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **½ tsp. ground sumac (optional)**
- **4 cups romaine lettuce**
- **½ of a medium cucumber, seeded and chopped**
- **½ cup sliced radishes**
- **⅓ cup sliced green onions**
- **¼ cup chopped fresh flat-leaf parsley and/or fresh mint**
- **½ cup crumbled ricotta salata (2 oz.)**

**1.** In a 10-inch skillet heat 1 Tbsp. of the oil over medium-high. Add half of the pita pieces (to bake, see tip, *below*). Cook, stirring occasionally, until toasted, 2 to 3 minutes. Transfer pita pieces to paper towels to drain. Repeat with 1 Tbsp. of the oil and remaining pita pieces.
**2.** For dressing, in an extra-large bowl whisk together the ¼ cup oil, the lemon juice, garlic, salt, pepper, and sumac (if using). Add next five ingredients (through parsley) to dressing; toss to coat. Add toasted pita pieces and cheese; toss to combine. **Makes 4 servings** (2 cups each)
**PER SERVING** *331 cal, 24 g fat (5 g sat fat), 13 mg chol, 486 mg sodium, 24 g carb, 3 g fiber, 3 g sugars, 6 g pro*

## BAKED PITA

**To bake pita pieces, preheat oven to 350°F. Arrange pita pieces in a 15x10-inch baking pan. Omit 2 Tbsp. olive oil in Step 1. Lightly coat torn pita bread pieces with nonstick cooking spray. Bake until golden and crisp, 10 to 15 minutes. Add as directed in Step 2.**

### PARSLEY TOPPER

In a small bowl combine 1 cup finely chopped fresh flat-leaf parsley, 2 Tbsp olive oil, and 1 tsp. minced garlic (2 cloves). Mash with the back of a spoon

# 52 SPANISH-STYLE BUTTER BEANS

**HANDS ON** 20 minutes
**COOK** 15 minutes
**BAKE** 45 minutes at 350°F

- **2 Tbsp. olive oil**
- **⅓ cup finely chopped onion**
- **1 Tbsp. minced garlic (6 cloves)**
- **2 pints grape tomatoes**
- **1 cup chopped roasted red bell pepper**
- **2 bay leaves**
- **2 tsp. smoked paprika**
- **¼ tsp. saffron threads, crushed**
- **4 15.5-oz. cans low-sodium butter beans, rinsed and drained**
- **2 cups water**
- **¾ tsp. salt**
- **½ cup chopped marcona almonds or roasted salted almonds**
- **1 recipe Parsley Topper *(above)* (optional)**

**1.** Preheat oven to 350°F. In a 4- to 5-qt. Dutch oven heat oil over medium. Add onion and garlic and cook, stirring occasionally, until tender, 3 to 4 minutes. Stir in next five ingredients (through saffron).
**2.** Bring to boiling, reduce heat. Simmer, stirring occasionally, until tomatoes start to break down, 15 minutes. Stir in beans, water, and salt. Bring to boiling.
**3.** Transfer to oven; bake 45 minutes. Remove from oven; discard bay leaves. To serve, top with almonds and, if you like, Parsley Topper.
**Makes 6 servings** (1⅓ cups each).
**PER SERVING** *348 cal, 13 g fat (1 g sat fat), 0 mg chol, 511 mg sodium, 43 g carb, 10 g fiber, 3 g sugars, 13 g pro*

# 53

# ASPARAGUS FALAFEL

**START TO FINISH**
35 minutes

- 8 oz. asparagus spears, trimmed and cut up
- 1 15-oz. can chickpeas, rinsed and drained
- 3 Tbsp. all-purpose flour
- 2 Tbsp. chopped fresh flat-leaf parsley
- 3 cloves garlic, peeled and halved
- 1 tsp. ground cumin
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 3 Tbsp. olive oil, divided
- 3 Tbsp. yellow cornmeal, divided
- 1 5.2-oz. container semisoft cheese with fines herbes, divided
- 3 Tbsp. red wine vinegar
- 2 cups mixed salad greens
- 4 whole wheat or regular pita bread rounds

**1.** For falafel, in a food processor combine first eight ingredients (through pepper) and 1 Tbsp. of the oil. Cover and pulse until finely chopped and mixture holds together (should have some visible pieces of chickpeas and asparagus).
**2.** Sprinkle a baking sheet with 1½ Tbsp. of the cornmeal. Using moist hands, shape rounded tablespoons of falafel mixture into twelve 2½-inch patties (mixture will be very soft). Place patties on prepared baking sheet. Sprinkle patties with remaining 1½ Tbsp. cornmeal. In a 10-inch skillet heat 1 Tbsp. of the oil over medium-high. Add half of the patties; cook, turning once, until browned and heated through, 4 to 6 minutes. Remove patties. Repeat with remaining oil and patties.
**3.** For dressing, in a small bowl add half of the cheese; slowly stir vinegar into cheese. Toss mixed greens with dressing. Spread pita with remaining cheese. Top each pita with greens and three falafel. Fold over to serve. **Makes 4 sandwiches.**
**PER SANDWICH** *557 cal, 28 g fat (12 g sat fat), 38 mg chol, 841 mg sodium, 64 g carb, 10 g fiber, 5 g sugars, 16 g pro*

# 54 RATATOUILLE PROVENÇALE

**HANDS ON** 25 minutes
**COOK** 22 minutes

- ¼ cup olive oil
- 2 cups coarsely chopped onions
- 1 tsp. minced garlic (2 cloves)
- 1 tsp. salt, divided
- ¼ cup tomato puree (optional)
- ¼ cup dry red wine
- 6 cups ¾-inch pieces eggplant
- 6 cups ¾-inch pieces zucchini
- 2½ cups 1-inch pieces tomatoes
- 1 cup ¾-inch pieces red bell pepper
- 1 Tbsp. herbes de Provence
- ½ tsp. black pepper
- Fresh basil leaves (optional)

**1.** In an 8-qt. pot heat oil over high. Add onions, garlic, and ¼ tsp. of the salt; cook, stirring occasionally, until onions are softened, 2 minutes. Stir in tomato puree (if using) and wine; cook and stir until reduced by half, 1 minute. Stir in next six ingredients (through black pepper) and remaining ¾ tsp. salt.

**2.** Bring to boiling; reduce heat. Simmer, covered, 10 minutes. Uncover; simmer, stirring occasionally, until vegetables are tender and mixture is desired thickness, 12 to 15 minutes more. If you like, top servings with basil. **Makes 6 servings** (1½ cups each).

**PER SERVING** *171 cal, 10 g fat (2 g sat fat), 0 mg chol, 405 mg sodium, 18 g carb, 6 g fiber, 11 g sugars, 4 g pro.*

# 55 RATATOUILLE PAPPARDELLE

**HANDS ON**
10 minutes
**COOK**
15 minutes

- **8 oz. dried pappardelle pasta**
- **2 Tbsp. olive oil**
- **3 cups Ratatouille Provençale (recipe, *opposite*)**
- **4 cups packed fresh spinach**
- **Salt and cracked black pepper**
- **½ cup shaved Parmigiano-Reggiano cheese (2 oz.)**
- **Balsamic vinegar (optional)**

**1.** Cook pasta according to package directions. Drain, reserving ½ cup of the cooking water. Return pasta to hot pan. Drizzle with oil, toss to coat.

**2.** In a 12-inch skillet heat Ratatouille Provençale over medium. Add pasta and spinach, tossing until spinach is wilted. Stir in enough of the reserved pasta cooking water to reach desired saucines Season to taste with salt and pepper. Sprinkle with cheese and, if you like, drizzle with vinegar. **Makes 4 servings** (1½ cups each)

**PER SERVING** *441 cal, 18 g fat (4 g sat fat), 12 mg chol, 706 mg sodium, 57 g carb, 6 g fiber, 9 g sugars, 15 g pro.*

# 56 RATATOUILLE STUFFED PEPPERS

**HANDS ON**
20 minutes
**BAKE**
40 minutes at 425°F

- **2 large red and/or yellow bell peppers, halved lengthwise and seeded**
- **2 cups Ratatouille Provençale (recipe, *opposite*)**
- **1 cup shredded Italian-blend cheese (4 oz.), divided**
- **Chopped fresh flat-leaf parsley**
- **Cracked black pepper**

**1.** Preheat oven to 425°F. Arrange pepper halves, cut sides down, in a 2-qt. rectangular baking dish. Bake 10 minutes. Turn cut sides up.

**2.** In a medium bowl combine Ratatouille Provençale and ½ cup of the cheese; spoon into pepper halves. Bake, covered, until peppers are tender and filling is heated through, about 25 minutes. Top with remaining ½ cup cheese. Bake, uncovered, until cheese is melted, about 5 minutes more. Sprinkle with parsley and black pepper. **Makes 4 servings** (1 stuffed pepper half each)

**PER SERVING** *194 cal, 11 g fat (5 g sat fat), 20 mg chol, 547 mg sodium, 15 g carb, 4 g fiber, 10 g sugars, 8 g pro.*

# SMASHED WHITE BEAN SALAD *on* TOAST

**START TO FINISH**
20 minutes

- 3 Tbsp. tahini
- 2 Tbsp. olive oil
- 2 Tbsp. red wine vinegar or fresh lemon juice
- 1 Tbsp. Dijon mustard
- ½ tsp. minced garlic (1 clove)
- ½ tsp. black pepper
- ¼ tsp. salt
- 2 15-oz. cans white beans (such as Great Northern), rinsed and drained
- ½ cup thinly sliced celery
- 2 Tbsp. finely chopped shallot
- 2 Tbsp. chopped fresh flat-leaf parsley, basil, or dill or 1 tsp. dried flat-leaf parsley, basil, or dill
- 4 slices rustic whole grain bread, toasted if you like
- 1 avocado, sliced

In a medium bowl, whisk together first seven ingredients (through salt). Add white beans and mash until desired consistency. Stir in celery, shallot, and parsley. Spread on bread slices. Top with avocado and, if you like, additional fresh herbs. **Makes 4 toasts.**

**PER TOAST** *425 cal, 20 g fat (3 g sat fat), 0 mg chol, 949 mg sodium, 55 g carb, 15 g fiber, 5 g sugars, 18 g pro*

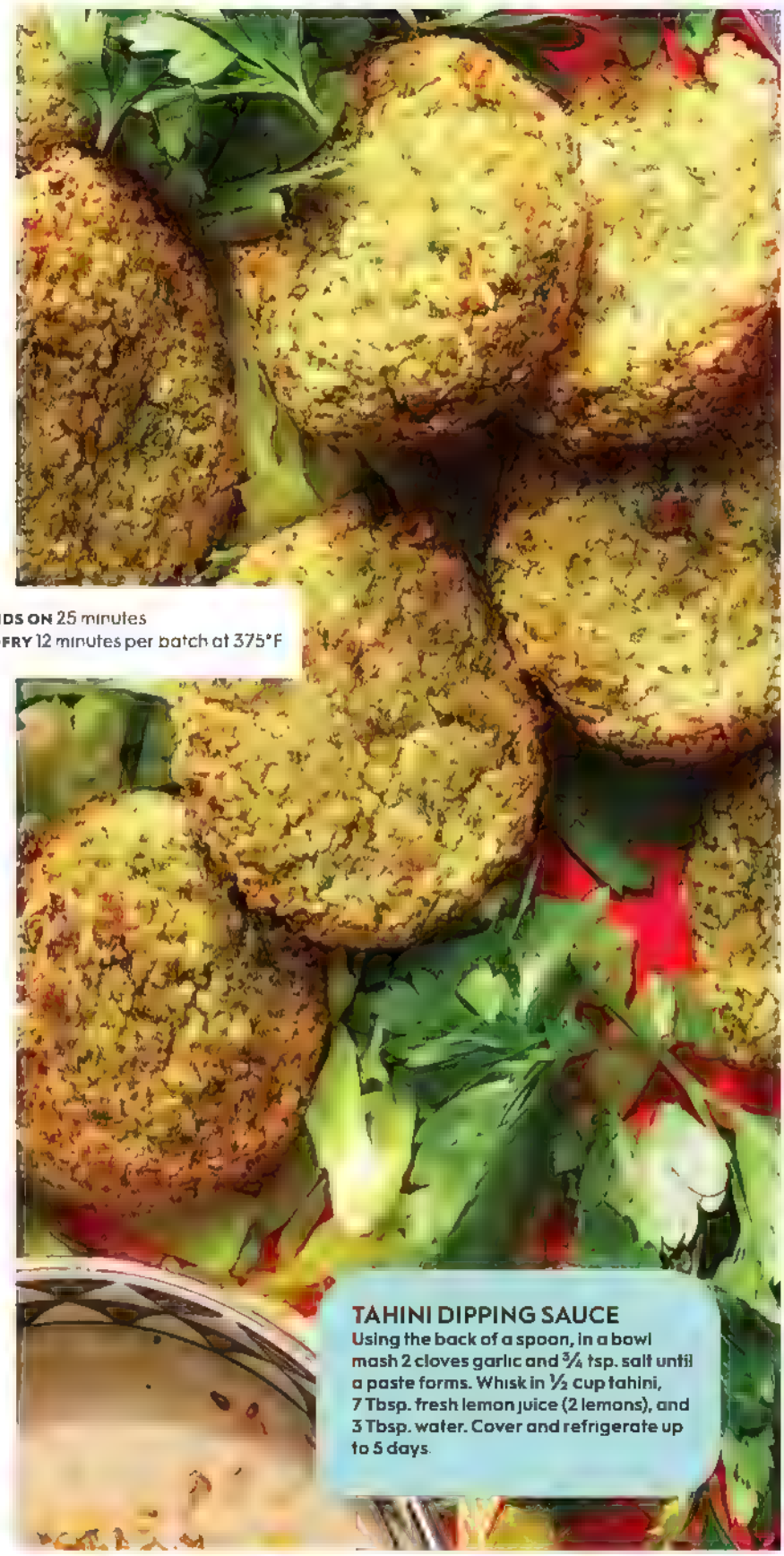
# 58 FALAFEL

**HANDS ON** 25 minutes
**AIR-FRY** 12 minutes per batch at 375°F

- 1 cup dry chickpeas, soaked overnight in refrigerator
- ½ cup packed fresh flat-leaf parsley
- ¼ cup chopped onion
- 2 cloves garlic, peeled
- 1 Tbsp. olive oil
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. ground cumin
- ½ tsp. salt
- ¼ tsp. baking soda
- 1 to 3 Tbsp. water
- Nonstick cooking spray
- 1 recipe Tahini Dipping Sauce *(below right)*

**1.** Drain chickpeas and transfer to a food processor. Add next eight ingredients (through baking soda). Cover and process until finely ground and mixture just holds together, stopping to scrape sides and adding the water as necessary. Shape into twelve 1½-inch patties (about 3 Tbsp. chickpea mixture each). Lightly coat tops with cooking spray.
**2.** Preheat air fryer to 375°F. Working in batches if needed, arrange patties in a single layer in air-fryer basket.
**3.** Cook patties, carefully turning halfway through and coating tops with additional cooking spray, until heated through and lightly browned, about 12 minutes. Serve falafels with Tahini Dipping Sauce. **Makes 6 servings** (2 falafel + 3 Tbsp. sauce each)

**PER SERVING** *277 cal, 15 g fat (2 g sat fat), 0 mg chol, 555 mg sodium, 28 g carb, 5 g fiber, 4 g sugars, 11 g pro.*



**TAHINI DIPPING SAUCE**
Using the back of a spoon, in a bowl mash 2 cloves garlic and ¾ tsp. salt until a paste forms. Whisk in ½ cup tahini, 7 Tbsp. fresh lemon juice (2 lemons), and 3 Tbsp. water. Cover and refrigerate up to 5 days.

**WHAT IS TAHINI?** Tahini is a thick paste made from ground sesame seeds. Look for it in large supermarkets in the Middle Eastern section or near the nut butters.

## 59 SHAWARMA SPICE BLEND

In a small bowl combine 4 tsp. packed **brown sugar;** 2 tsp. each **ground cumin, ground coriander,** and **smoked paprika;** and 1 tsp. **ground cinnamon.** Makes ¼ cup

## 60 GREEK STYLE SEASONING

In a small bowl combine 5 tsp. **dried oregano,** crushed, 1 Tbsp. **dried thyme,** crushed, 2 tsp. each **dried basil,** crushed, and **dried minced onion;** and 1 tsp. each **dried marjoram,** crushed, and **dried minced garlic.** Makes ¼ cup

## 61 ZA'ATAR SPICE BLEND

In a small bowl combine 1 Tbsp. each **ground sumac** and **dried thyme,** crushed, 2 tsp. **dried oregano,** crushed, and 1 tsp. each **toasted sesame seeds, salt,** and **black pepper.** Store in an airtight container at room temperature up to 6 weeks. Makes ¼ cup.

## 62 BAHARAT SPICE MIX

In a small bowl combine 2 Tbsp. each **ground cinnamon, ground ginger,** and **ground turmeric,** and ½ tsp. freshly **ground black pepper.** Makes 6 Tbsp.

## 63 ITALIAN STYLE SEASONING

In a small bowl combine 1 Tbsp. each **dried basil, dried oregano, dried rosemary,** and **dried thyme,** all crushed, and ¼ tsp. **crushed red pepper.** Makes ¼ cup

## 64 SPANISH STYLE SEASONING

In a small bowl combine 2 Tbsp. **smoked paprika;** 1½ tsp. each **garlic powder** and **ground cumin;** 1 tsp. **dried oregano,** crushed; ¾ tsp. each **black pepper** and **crushed red pepper;** and, if you like, ⅛ tsp. **cayenne pepper.** Makes ¼ cup.

## 65 RAS EL HANOUT

In a small bowl combine 2 tsp. each **salt, ground cumin,** and **ground ginger;** 1 tsp. each **ground allspice, ground cinnamon, cayenne pepper, ground turmeric,** and **black pepper;** and ½ tsp. **ground cloves.** Makes ¼ cup.

### STORAGE

Store spice blends in an airtight container in a cool, dark place up to 6 months, unless noted in recipe.

**TZATZIKI SAUCE**

A staple in Mediterranean cooking, the Greek sauce is refreshing, creamy, and tangy. Serve it as an app with pita and fresh dippers, dollop on gyros and sandwiches, or pair with grilled meats and veggies.

66

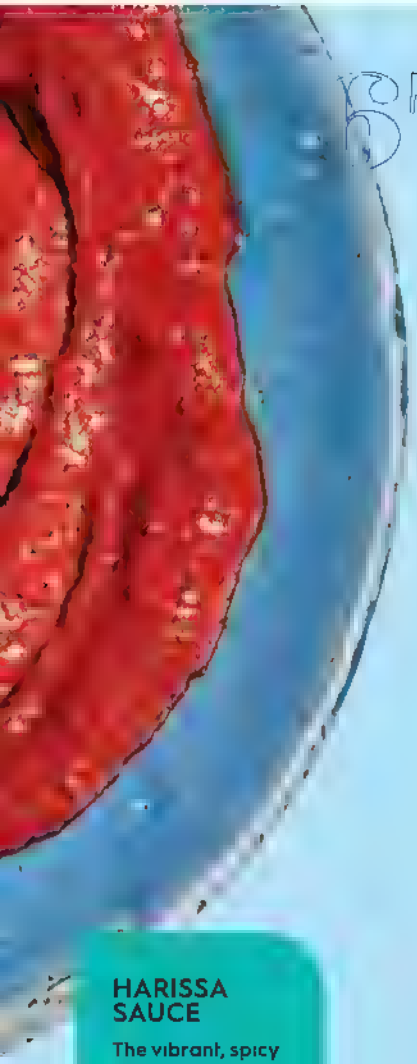
# Tzatziki Sauce

**START TO FINISH** 10 minutes

- 1 5.3- to 7-oz. carton plain low-fat Greek yogurt
- 1 cup chopped cucumber
- 2 tsp. chopped fresh dill
- 1 tsp. minced garlic (2 cloves)
- 1 tsp. fresh lemon juice
- ¼ tsp. salt

In a small bow combine all ngredients Transfer sauce to an airtight container and chi l up to 3 days. **Makes 1¼ cups.**

**PER 2 TBSP.** *15 cal, 0 g fat, 1 mg chol, 65 mg sodium, 1 g carb, 0 g fiber, 1 g sugars, 2 g pro.*



## HARISSA SAUCE

The vibrant, spicy North African red pepper sauce adds depth, heat, and smoky flavor to dishes. Use it as a glaze, add to marinades, stir into soups and hummus, or enjoy as you would sriracha.

# 67 Homemade Harissa Sauce

**HANDS ON** 10 minutes
**STAND** 20 minutes

- 1 oz dried New Mexico, California, and/or pasilla chile peppers, stemmed and seeded (tip, *p. 49*)
- ½ tsp. caraway seeds
- ½ tsp. coriander seeds
- ½ tsp. cumin seeds
- ⅔ cup bottled roasted red bell peppers, drained
- 2 Tbsp. fresh lemon juice
- 5 cloves garlic, peeled
- 1 tsp. salt
- ¼ to ½ tsp. crushed red pepper
- 1 to 2 Tbsp. water

**1.** In a medium bowl combine dried chile peppers and enough boiling water to cover. Let stand 20 minutes, drain.
**2.** Meanwhile, in a 6-inch dry skillet heat caraway, coriander, and cumin seeds over medium, shaking skillet often, until toasted and fragrant, 1 to 2 minutes. Remove seeds from skillet; cool. Grind seeds in a spice grinder or place in a resealable plastic bag and crush with a rolling pin.
**3.** In a food processor or blender combine drained chiles, ground seeds, and next five ingredients (through crushed red pepper). Cover and pulse until smooth. Add water as needed to reach desired consistency. Transfer sauce to an airtight container and chill up to 1 week. **Makes 1 cup**

**PER TBSP.** *33 cal, 3 g fat (0 g sat fat), 0 g chol, 98 mg sodium, 2 g carb, 1 g fiber, 0 g sugars, 0 g pro*

# 68 Basil Pesto

**START TO FINISH** 15 minutes

- 1½ cups firmly packed fresh basil leaves
- ½ cup grated Parmesan cheese (2 oz.)
- ⅓ cup toasted pine nuts (tip, *p. 91*)
- ⅓ cup olive oil
- 2 to 4 cloves garlic, peeled and halved
- ¼ tsp. salt

In a food processor combine all of the ingredients. Cover and process until nearly smooth, adding enough additional oil (about 2 Tbsp.) to reach desired consistency. Transfer pesto to an airtight container. Cover surface with plastic wrap, cover container. Chill pesto up to 3 days. **Makes ⅔ cup.**

**PER TBSP.** *365 cal, 39 g fat (3 g sat fat), 5 mg chol, 200 mg sodium, 40 g carb, 3 g fiber, 2 g sugars, 10 g pro*

## BASIL PESTO

This Italian sauce is perfect for pasta, as a spread on flatbreads and sandwiches, or thinned as dressing. Easily change it with a different nut or add fresh spinach and another herb.

69

## Zhoug

**START TO FINISH** 20 minutes

- 2 cups lightly packed fresh cilantro leaves
- 1 cup lightly packed fresh flat-leaf parsley leaves
- 1 to 2 fresh jalapeño peppers, stemmed, seeded, and halved (tip, *p. 49*)
- 1 Tbsp. fresh lemon juice
- 1½ tsp. minced garlic (3 cloves)
- 1 tsp. ground cumin
- ½ tsp. salt
- ½ tsp. ground coriander
- ⅓ cup olive oil
- 2 Tbsp. roasted salted pepitas (pumpkin seeds), divided

In a blender or food processor combine first eight ingredients (through coriander). Cover and blend until finely chopped, stopping to scrape sides as needed. With blender running, add oil in a steady stream until combined. Add pepitas. Cover and blend until nearly smooth. Transfer sauce to an airtight container and chill up to 1 week. **Makes 1 cup**

**PER TBSP.** *84 cal, 9 g fat (1 g sat fat), 0 mg chol, 48 mg sodium, 1 g carb, 0 g fiber, 0 g sugars, 1 g pro*

70

## Romesco Sauce

**START TO FINISH** 20 minutes

- 4 medium roma tomatoes, peeled, seeded, and cut up
- 1 ¾-inch-thick slice country-style bread (2 oz.), toasted and torn into pieces
- ⅔ cup chopped bottled roasted red bell peppers
- ½ cup blanched whole almonds, toasted (tip, *p. 91*)
- ¼ cup sherry vinegar or red wine vinegar
- 1 Tbsp. chopped fresh flat-leaf parsley
- 4 cloves garlic, smashed and peeled
- 1 tsp. smoked paprika
- ½ tsp. ground ancho chile pepper
- ⅛ tsp. cayenne pepper
- ¼ to ⅓ cup olive oil
- Salt

In a food processor or blender combine first 10 ingredients (through cayenne pepper). Cover and pulse until evenly chopped. With processor running, add oil in a steady stream until mixture is combined and finely chopped. Season to taste with salt. Transfer sauce to an airtight container and chill up to 1 week. Let stand at room temperature 30 minutes before serving. **Makes 2 cups**

**PER 2 TBSP.** *76 cal, 6 g fat (1 g sat fat), 0 mg chol, 61 mg sodium, 5 g carb, 1 g fiber, 1 g sugars, 2 g pro*

## Chermoula Sauce

**START TO FINISH** 10 minutes

- ⅓ cup fresh lemon juice
- 2 Tbsp. finely chopped fresh cilantro
- 2 Tbsp. finely chopped fresh flat-leaf parsley
- 2 Tbsp. olive oil
- 1⅓ tsp. minced garlic (3 cloves)
- 1 tsp. paprika
- ½ tsp. salt

In a medium bowl combine all of the ingredients. Transfer sauce to an airtight container and chill up to 4 days. **Makes ⅔ cup**

**PER TBSP.** *28 cal, 3 g fat (0 g sat fat), 0 mg chol, 117 mg sodium, 1 g carb, 0 g fiber, 0 g sugars, 0 g pro*

### CHERMOULA

Chermoula is a Moroccan sauce similar to chimichurri, but its warm spices and citrus note set it apart. It's often used as a marinade for fish and protein or as a condiment.

## ROMESCO SAUCE

This smoky, robust Spanish sauce pairs well with a variety of foods. Slather it on cooked meats or seafood, drizzle over tacos and quesadillas, or use as a flavor enhancer for roasted vegetables.

## ZHOUG

Also referred to as green harissa, zhoug is a mixture of fresh cilantro, chiles, and warm spices. The spicy sauce likely originated in Yemen but is used throughout the Middle East.

72

SEAFOOD

### CITRUS PREP

Whether you're cutting slices or supremes, it's important to remove the peel and pith first. Start by trimming both ends of a citrus with a very sharp knife. Set one flat end on a cutting board and remove peel by following the curve of the fruit. For supremes, working from the outside toward the center, slice fruit into sections, cutting as close to the membranes as you can and taking care to keep segments intact. For slices, simply cut the fruit horizontally.

# CITRUS *and* JICAMA SALAD *with* SHRIMP

**START TO FINISH**
30 minutes

- ¼ cup fresh lime juice
- ¼ cup fresh orange juice
- 3 Tbsp. olive oil
- 1 Tbsp. finely chopped fresh flat-leaf parsley
- 1 Tbsp. minced shallot
- 1 Tbsp. honey
- ½ tsp. salt
- ½ tsp. black pepper
- 3 cups torn butterhead (Boston or Bibb) lettuce
- 2 cups chopped romaine lettuce
- 1 cup bite-size strips peeled jicama
- 1 medium grapefruit, peeled and sliced (tip, *above*)
- 1 medium orange, peeled and sliced (tip, *above*)
- ½ cup thinly sliced red onion
- 1½ lb. chilled cooked shrimp
- ⅓ to ½ cup roasted salted pepitas (pumpkin seeds)
- ⅓ to ½ cup crumbled queso fresco, soft goat cheese (chèvre), or feta cheese

**1.** For vinaigrette, in a medium bowl whisk together first eight ingredients (through pepper).
**2.** Combine butterhead and romaine lettuces on a platter. Top with jicama, grapefruit, orange, and red onion. Drizzle with half of the vinaigrette. Top with shrimp, pepitas, and cheese. Serve with remaining vinaigrette.
**Makes 6 servings** (1½ cups salad + 4 oz. shrimp each)
**PER SERVING** *347 cal, 19 g fat (4 g sat fat), 163 mg chol, 661 mg sodium, 22 g carb, 4 g fiber, 11 g sugars, 22 g pro.*

**WHAT IS JICAMA?** The white-flesh tuberous root of jicama is both juicy and crunchy when served fresh. Regarded as a root vegetable, like potatoes and turnips, jicama is actually a member of the bean family. It can be found in the produce section of large, well-stocked supermarkets.

73

# LEMON-CAPER SALMON *with* BROCCOLINI

**HANDS ON**
15 minutes
**BAKE**
12 minutes
at 425°F

- **2 medium lemons**
- **2 tsp. Dijon mustard**
- **1 Tbsp. chopped fresh dill or 1 tsp. dried dill**
- **4 4- to 6-oz. fresh or frozen skinless salmon fillets (1¼ inches thick), thawed if frozen**
- **8 oz. Broccolini, trimmed to fit packet**
- **2 Tbsp. drained capers**
- **¼ tsp. black pepper**
- **⅛ tsp. salt**

**1.** Preheat oven to 425°F. Juice one of the lemons. In a small bow whisk together emon juice, Dijon, and d l.
**2.** Tear off four 15-inch-square pieces of parchment paper. Fold in ha f like a book and make a crease. For each packet, open paper up, set a piece of fish near crease on one side. Add ½ cup Brocco ini around fish. Sprink e evenly w th capers, pepper, and salt. Drizzle fish with lemon mixture.
**3.** Fold parchment over fish and fold edges of parchment several times to seal. Place packets in a large sha low baking pan. Bake until fish flakes easily, about 12 minutes. (Check doneness by carefully opening one packet; use a fork to check if fish flakes. If not done, seal packet and continue baking in 3-minute increments.) S ice remaining lemon and serve with fish. **Makes 4 servings** (1 salmon fillet + ½ cup Broccol ni each)

**PER SERVING** *247 cal, 13 g fat (3 g sat fat), 60 mg chol, 322 mg sodium, 6 g carb, 1 g fiber, 2 g sugars, 25 g pro.*

74

# BLACKENED TUNA *with* AVOCADO-CITRUS SALAD

**HANDS ON**
15 minutes
**AIR-FRY**
4 minutes at 400°F

- 2 4- to 5-oz. fresh tuna steaks, about 1 inch thick
- 2 Tbsp. olive oil, divided
- ⅛ tsp. plus ¼ tsp. salt
- 1 Tbsp. Aleppo Spice Rub *(above right)*
- 3 Tbsp. fresh lemon juice (1 lemon)
- ¼ tsp. black pepper
- 1 small grapefruit, peeled and sliced (tip, *p. 66*)
- 1 orange, peeled and sliced (tip, *p. 66*)
- 1 avocado, sliced
- ¼ cup thinly sliced red onion
- Baby spinach (optional)
- 2 tsp. Italian-style chili oil (optional)

**1.** Preheat air fryer to 400°F.
**2.** Pat fish dry with a paper towel. Rub with 1 Tbsp. of the olive oil; sprinkle with ⅛ tsp. salt. Coat evenly with Aleppo Spice Rub.
**3.** Arrange fish in a single layer in air-fryer basket. Cook until fish is done (130°F), 4 to 5 minutes. Fish should still be pink in the center.
**4.** For salad, in a bowl whisk together the lemon juice, remaining 1 Tbsp. olive oil, the ¼ tsp. salt, and the pepper. Add grapefruit, orange, avocado, and red onion. Gently stir to combine.
**5.** Thinly slice fish and serve with avocado-citrus salad and spinach (if using). If you like, drizzle with chili oil. **Makes 2 servings** (1 tuna steak + 1½ cups salad each)
**PER SERVING** *450 cal, 25 g fat (4 g sat fat), 44 mg chol, 494 mg sodium, 27 g carb, 8 g fiber, 13 g sugars, 31 g pro*

**ALEPPO SPICE RUB**
Combine 2 Tbsp. Aleppo pepper, 2 Tbsp. smoked paprika, 1 Tbsp. onion powder, 1 tsp. garlic powder, 1 tsp. ground oregano, and 1 tsp. black pepper. Store in an airtight container.

75

# AIR-FRYER PISTACHIO-CRUSTED SEA BASS

**HANDS ON**
15 minutes
**AIR-FRY**
4 minutes at 400°F

- 4 4-oz. skin-on black sea bass, halibut, or other firm white fish
- ½ tsp. salt, divided
- ½ tsp. black pepper, divided
- ¼ cup plain whole milk Greek yogurt
- 2 Tbsp. chopped fresh dill
- ¼ tsp. garlic powder
- ¼ cup finely chopped roasted salted pistachio nuts
- ¼ cup whole wheat panko
- 2 Tbsp. chopped fresh flat-leaf parsley
- Nonstick cooking spray
- Watercress (optional)
- Olive oil (optional)

**1.** Preheat air fryer to 400°F
**2.** Pat fish dry with a paper towel, arrange fish, skin side down, on a baking sheet. Season with ¼ tsp each of the salt and pepper.
**3.** In a small bowl combine yogurt, dill, and garlic powder. In a shallow dish whisk together pistachios, panko, parsley, and remaining ¼ tsp each salt and pepper. Brush tops of fish with yogurt mixture then press into panko mixture to coat. Lightly coat fish with cooking spray.
**4.** Arrange fish in an even layer, panko side up, in air-fryer basket. Cook until fish is done (140°F) and flakes easily, 4 to 6 minutes per ½-inch thickness of fish.
**5.** If you like, serve over watercress, drizzle with oil, and sprinkle with additional pepper. **Makes 4 servings** (1 sea bass fillet each).

**PER SERVING** *192 cal, 7 g fat (1 g sat fat), 49 mg chol, 414 mg sodium, 7 g carb, 1 g fiber, 1 g sugars, 25 g pro*

## 76 WALNUT-ROSEMARY-CRUSTED SALMON

**START TO FINISH**
15 minutes
**BAKE**
4 minutes at 425°F

- 1 1-lb. fresh or frozen skinless salmon fillet, thawed if frozen
- 1 lemon
- 2 tsp. Dijon mustard
- ½ tsp. minced garlic (1 clove)
- 1 tsp. chopped fresh rosemary
- ½ tsp. honey
- ¼ tsp. salt
- ¼ tsp. crushed red pepper
- 3 Tbsp. panko
- 3 Tbsp. finely chopped walnuts
- 1 tsp. olive oil
- Nonstick cooking spray
- Lemon wedges (optional)
- Chopped fresh flat-leaf parsley (optional)

**1.** Preheat oven to 425°F. Line a small baking sheet with parchment paper; place fish on prepared baking sheet.
**2.** Remove ¼ tsp. zest and squeeze 1 tsp. juice from lemon. In a small bowl, combine lemon zest and juice and next six ingredients (through crushed red pepper). In another small bowl, combine panko, walnuts, and oil.
**3.** Spread fish with mustard mixture and sprinkle with crumb mixture; press crumbs to adhere. Lightly coat fish with cooking spray. Bake until fish flakes easily, 4 to 6 minutes per ½-inch thickness of fish. Cut fish into four pieces. If you like, serve fish with lemon wedges and sprinkle with parsley. **Makes 4 servings** (1 salmon piece each)

**PER SERVING** *276 cal, 17 g fat (3 g sat fat), 60 mg chol, 285 mg sodium, 4 g carb, 1 g fiber, 1 g sugars, 24 g pro*

## 77 PAN-FRIED TROUT *with* RAS EL HANOUT *and* CAULIFLOWER

**START TO FINISH**
30 minutes

- 3 Tbsp. olive oil, divided
- 5 cups coarsely chopped fresh cauliflower florets
- 2 tsp. Ras el Hanout (Moroccan-style spice blend) (recipe, p. 61), divided
- ½ tsp. salt, divided
- ½ tsp. black pepper, divided
- 1 8-oz. pouch cooked quinoa
- ¼ cup chopped fresh flat-leaf parsley
- 4 4-oz. skin-on fresh trout fillets
- Lemon wedges

**1.** In a 10-inch nonstick skillet heat 2 Tbsp. of the oil over medium. Add cauliflower; cook, stirring occasionally, until starting to brown, about 15 minutes. Sprinkle with 1 tsp. of the Ras el Hanout and ¼ tsp. each of the salt and pepper. Cook, stirring occasionally, until fragrant and cauliflower is tender, about 2 minutes. Transfer to a large bowl.
**2.** Meanwhile, heat quinoa according to package directions. Fluff with a fork and add to bowl with cauliflower. Add parsley and toss to combine.
**3.** Season fish with remaining 1 tsp. Ras el Hanout and remaining ¼ tsp. each salt and pepper. Wipe out skillet, add remaining 1 Tbsp. oil, heat over medium-high. Add fish, skin side down. Cook until skin is golden brown and crispy, about 2 minutes. Turn; cook until fish flakes easily, 1 minute more. Serve fish with cauliflower mixture and lemon wedges. If you like, top with additional parsley. **Makes 4 servings** (1 trout fillet + 1¼ cups cauliflower mixture each)

**PER SERVING** *363 cal, 19 g fat (3 g sat fat), 65 mg chol, 436 mg sodium, 19 g carb, 5 g fiber, 3 g sugars, 29 g pro*

78

# SPANISH-STYLE SHRIMP *and* SCALLOP SAUTÉ

**START TO FINISH**
25 minutes

- 16 fresh or frozen medium shrimp (8 oz.), thawed if frozen
- 8 fresh or frozen sea scallops (8 oz.), thawed if frozen
- 1 Tbsp. all-purpose flour
- 2 tsp. smoked paprika
- ¼ tsp. sugar
- ¼ tsp. black pepper
- ⅛ to ¼ tsp. cayenne pepper
- ½ tsp. salt, divided
- 2 Tbsp. salted butter, divided
- 6 cloves garlic, thinly sliced
- 1 cup grape or cherry tomatoes, halved
- ¼ cup reduced-sodium chicken broth
- 3 Tbsp. dry vermouth or dry white wine
- 1 Tbsp. fresh lemon juice
- 3 Tbsp. finely chopped fresh flat-leaf parsley
- 3 Tbsp. chopped fresh chives
- 2 cups hot cooked brown rice

**1.** Peel and devein shrimp, leaving tails intact if you like. Halve scallops horizontally. Pat shrimp and scallops dry with a paper towel.

**2.** In a large resealable plastic bag combine next five ingredients (through cayenne pepper) and ¼ tsp. of the salt. Seal bag, shake to combine. Add shrimp and scallops to bag. Seal bag, shake to coat shrimp and scallops.

**3.** In a 10-inch nonstick skillet melt 1 Tbsp. of the butter over medium-high. Add garlic and remaining ¼ tsp. salt; cook and stir 30 seconds. Add shrimp and scallops to skillet in an even layer; cook 2 minutes. Stir in tomatoes, broth, vermouth, and lemon juice. Cook, stirring occasionally, until shrimp and scallops are opaque, 2 to 3 minutes. Remove from heat; stir in remaining 1 Tbsp. butter, the parsley, and chives.

**4.** Serve seafood mixture with hot cooked brown rice. **Makes 4 servings** (1 cup seafood mixture + ½ cup rice each)

**PER SERVING** *300 cal, 8 g fat (4 g sat fat), 115 mg chol, 693 mg sodium, 31 g carb, 3 g fiber, 2 g sugars, 22 g pro*

SEAFOOD

79

# LEMON-HERB ROASTED SALMON *with* BROCCOLI *and* TOMATOES

**HANDS ON** 20 minutes
**ROAST** 15 minutes at 400°F

- 1 1-lb. fresh or frozen skinless salmon fillet, thawed if frozen
- 2 Tbsp. olive oil, divided
- 1½ tsp. dried oregano, crushed, divided
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 2 cups grape or cherry tomatoes, halved
- 2 cups broccoli florets
- 1 tsp. minced garlic (2 cloves)
- 1 lemon
- 2 Tbsp. chopped fresh basil
- 1 Tbsp. chopped fresh flat-leaf parsley
- 1 Tbsp. honey

**1.** Preheat oven to 400°F. Line a 15x10-inch baking pan with parchment paper. Place fish in prepared pan. Drizzle with 1 Tbsp. of the oil and sprinkle with ¾ tsp. of the oregano, the salt, and pepper.
**2.** In a medium bowl combine tomatoes, broccoli, garlic, and remaining 1 Tbsp. oil and ¾ tsp. oregano. Sprinkle lightly with additional salt and pepper; toss to coat. Transfer to pan with fish. Roast, uncovered, just until fish flakes easily, 15 to 18 minutes. Cut fish into four pieces.
**3.** Meanwhile, remove 1 tsp. zest and squeeze 3 Tbsp. juice from lemon. In a small bowl combine lemon zest and juice and remaining ingredients. Spoon lemon mixture over fish and vegetables before serving. **Makes 4 servings** (1 salmon piece + ½ cup vegetables each)

**PER SERVING** *276 cal, 14 g fat (2 g sat fat), 62 mg chol, 362 mg sodium, 13 g carb, 3 g fiber, 8 g sugars, 25 g pro*

# 80 HARISSA-LIME SALMON *with* ASPARAGUS

**HANDS ON**
10 minutes
**AIR-FRY**
5 minutes at 400°F

- 3 Tbsp. Homemade Harissa Sauce (recipe, *p. 63*) or purchased mild harissa sauce (tip, *below left*), divided
- 1 Tbsp. honey
- ¼ tsp. black pepper
- ⅛ tsp. ground coriander
- ⅛ tsp. salt
- 2 6-oz. fresh or frozen skinless salmon fillets, thawed if frozen
- 8 oz. asparagus spears, trimmed to fit air fryer (about 16 spears)
- 1 tsp. olive oil
- 2 Tbsp. plain low-fat Greek yogurt
- 2 Tbsp. mayonnaise
- ½ tsp. minced garlic (1 clove)
- 1 tsp. lime zest
- 1 Tbsp. fresh lime juice
- Lime slices and/or fresh cilantro (optional)

**1.** Preheat air fryer to 400°F. In a small bowl whisk together 2 Tbsp. of the Homemade Harissa Sauce and next four ingredients (through salt). Pat fish dry with a paper towel. Generously coat fish with harissa mixture.
**2.** Line air-fryer basket with perforated parchment paper. Arrange fish and asparagus in prepared basket. Drizzle asparagus with oil and sprinkle with additional salt and pepper. Cook until fish is done (145°F) and flakes easily, 5 minutes. Remove fish (tip, *below*).
**3.** Meanwhile, for sauce, in a bowl whisk together yogurt, mayonnaise, remaining 1 Tbsp. Homemade Harissa Sauce, the garlic, lime zest and juice, and an additional pinch of salt and pepper. Add *water* as needed to reach desired consistency. Serve fish with sauce and, if you like, lime slices and/or cilantro. **Makes 2 servings** (1 salmon fillet + 8 asparagus spears + 3 Tbsp. sauce each)
**PER SERVING** *431 cal, 24 g fat (4 g sat fat), 101 mg chol, 554 mg sodium, 15 g carb, 2 g fiber, 12 g sugars, 37 g pro*

## HARISSA SAUCE AND HARISSA PASTE

These two products are similar but not the same. Harrisa paste, made of hot chile peppers, spices, and garlic, is thick and spicy. Harissa sauce is usually thinner and more mild. You can find store-bought versions of both. Hot sauce or gochujang can be used as a substitute, but you may need to use less.

**REMOVING FISH** Take care when lifting delicate fish out of an air-fryer basket, as cooked fish flakes easily. For the best results, use a fish turner with a silicone tip, which will help lift the fish in one piece without damaging the basket.

# PEACH *and* PEPPER SPICY HALIBUT

**HANDS ON**
15 minutes
**BAKE**
12 minutes at 425°F

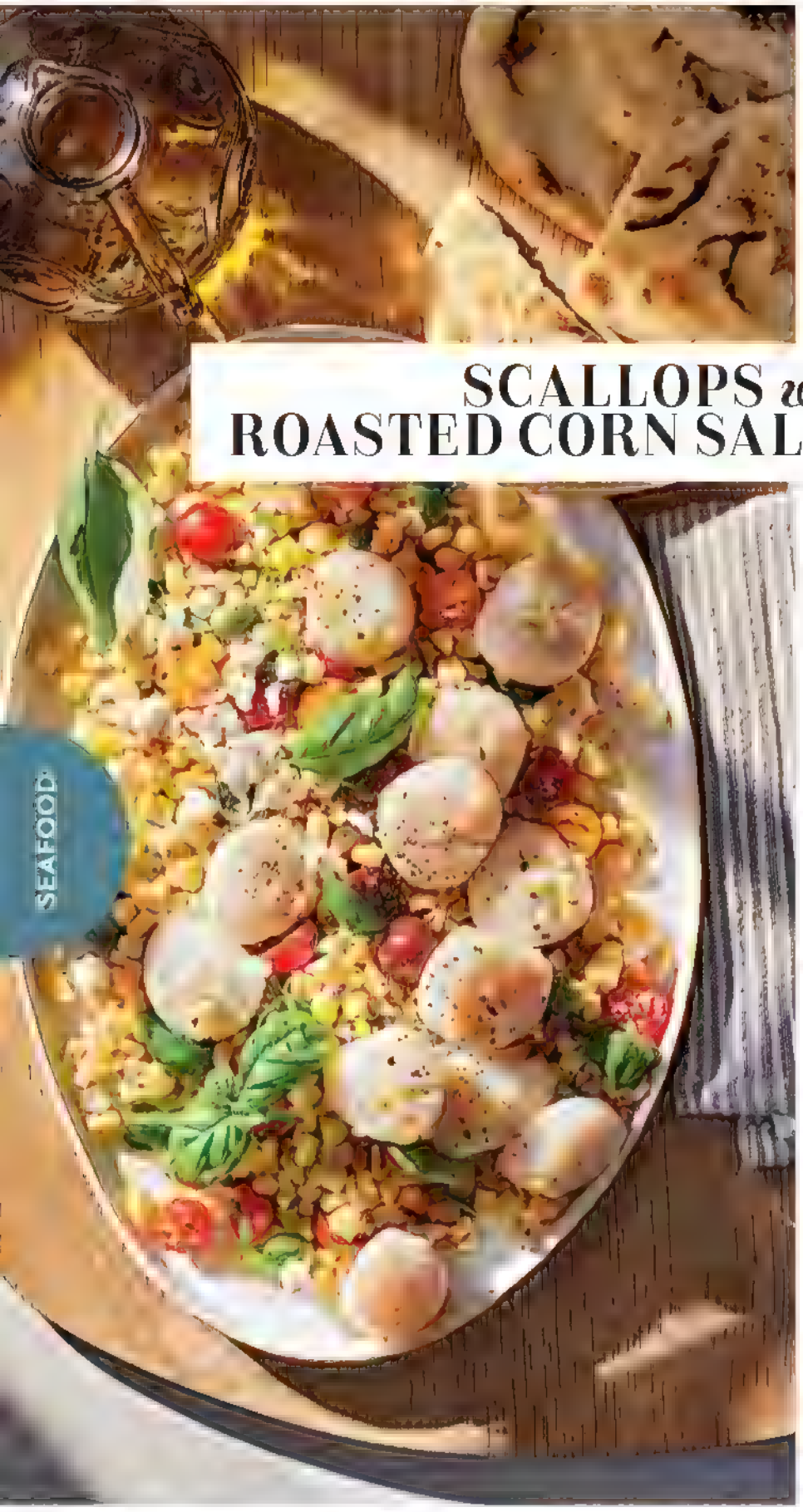
- **2** Tbsp. honey
- **1** Tbsp. white wine vinegar or cider vinegar
- **1** tsp. Dijon mustard
- **1** tsp. minced garlic (2 cloves)
- **1** tsp. Aleppo pepper or ¼ tsp. crushed red pepper
- **4** 4- to 6-oz. fresh or frozen skinless halibut fillets, thawed if frozen
- **1¼** cups thinly sliced bell pepper (any color)
- **1** cup sliced fresh peach or 1 cup frozen peach slices, thawed
- **½** tsp. salt
- **¼** tsp. black pepper

**1.** Preheat oven to 425°F. In a bowl whisk together first five ingredients (through Aleppo pepper).

**2.** Tear off four 15-inch-square pieces of parchment paper. Fold in half like a book and make a crease. For each packet, open paper up, set a piece of fish near crease on one side. Add bell pepper and peach slices around fish. Sprinkle evenly with salt and pepper. Drizzle fish with 1 Tbsp. of the honey mixture.

**3.** Fold parchment over fish and fold edges of parchment several times to seal. Place packets in a large shallow baking pan. Bake until fish flakes easily, 12 minutes. (Check doneness by carefully opening one packet, use a fork to check if fish flakes. If not done, seal packet and continue baking in 3-minute increments.) **Makes 4 servings** (1 halibut fillet + ½ cup peppers and peaches each)

**PER SERVING** *162 cal, 2 g fat (0 g sat fat), 56 mg chol, 399 mg sodium, 15 g carb, 1 g fiber, 13 g sugars, 22 g pro*



82

# SCALLOPS *with* ROASTED CORN SALAD

**HANDS ON** 20 minutes
**STAND** 5 minutes
**AIR-FRY** 8 minutes at 375°F + 5 minutes at 400°F

SEAFOOD

- 3 ears fresh sweet corn, husked and cut in half crosswise
- 3 Tbsp. olive oil, divided
- ½ cup halved cherry tomatoes
- ¼ cup chopped green onions
- 2 Tbsp. crumbled feta or ricotta salata cheese
- 2 Tbsp. fresh lemon juice
- ¼ tsp. black pepper
- ½ tsp. minced garlic (1 clove)
- 10 fresh or frozen sea scallops (8 to 10 oz.), thawed if frozen
- ⅛ tsp. salt
- 2 Tbsp. chopped fresh basil
- Toasted mini naan (optional)

**1.** Preheat air fryer to 375°F. For corn salad, brush corn with 1 Tbsp. of the oil.
**2.** Place corn in air-fryer basket. Cook corn until golden and tender, 8 to 10 minutes. Let stand until cool enough to handle, 5 to 10 minutes.
**3.** Cut corn kernels from cobs. In a medium bowl combine corn, 1 Tbsp. of the oil, and next five ingredients (through pepper). Let stand at room temperature while you cook scallops.
**4.** For scallops, preheat air fryer to 400°F. In a small bowl combine remaining 1 Tbsp. oil and the garlic.
**5.** Pat scallops dry with paper towel. Remove any side muscles. Brush scallops with oil mixture, sprinkle with salt.
**6.** Arrange scallops in a single layer in air-fryer basket. Cook until scallops are opaque, 5 minutes. Stir basil into corn mixture. Serve scallops with corn salad. If you like, serve with naan and additional basil. **Makes 2 servings** (5 scallops + 1¼ cups salad each)

**PER SERVING** *432 cal, 25 g fat (4 g sat fat), 42 mg chol, 436 mg sodium, 33 g carb, 4 g fiber, 10 g sugars, 26 g pro*

# 83 PAN-SEARED SALMON *with* KUMQUATS

**HANDS ON** 35 minutes
**STAND** 25 minutes
**COOK** 21 minutes

**2½ cups kumquats, halved**
**2 Tbsp. sea salt, divided**
**4 6-oz. fresh skin-on salmon fillets**
**1 navel orange**
**2 cups water**
**5 Tbsp. olive oil, divided**
**½ cup thinly sliced shallots**
**Salt and black pepper**
**2 tsp. grated fresh horseradish or prepared horseradish**
**2 tsp. packed brown sugar**
**⅔ cup dry white wine**
**¼ cup fresh basil leaves, thinly sliced, divided**
**½ of a head radicchio, shredded**

**1.** In a medium bowl sprinkle kumquat halves with 1 Tbsp. of the salt; let stand 25 minutes. Rinse under cold water, drain and pat dry with paper towels.

**2.** Meanwhile, to brine fish, place fish in a shallow dish. Zest and juice orange, place in a medium bowl. Stir in water and remaining 1 Tbsp. sea salt until dissolved. Pour brine over fish, cover and let stand at room temperature 15 minutes.

**3.** In a 12-inch nonstick skillet heat 3 Tbsp. of the oil over medium. Add kumquats and shallots. Cook, stirring occasionally, until starting to brown, about 8 minutes. Transfer to a small bowl. Wipe out skillet.

**4.** Remove fish from brine, discard brine. Pat fish dry with a paper towel. Season with salt and pepper. In same skillet heat remaining 2 Tbsp. oil over medium for 2 minutes. Add fish, skin side down. Press with a spatula to keep skin from curling. Cook undisturbed until skin is brown and crispy and fish is opaque, about 8 minutes. Using a wide spatula, carefully turn fish over, sear 1 minute. Transfer fish to a serving plate. Cover loosely with foil.

**5.** Drain fat from skillet. Heat skillet over medium-high. Add kumquat mixture, horseradish, and brown sugar, cook 1 minute. Carefully add wine, cook until thickened and sauce like consistency, 2 to 3 minutes. Remove from heat. Stir in 2 Tbsp. of the basil.

**6.** Serve fish over shredded radicchio and kumquat mixture. Top with remaining 2 Tbsp. basil. **Makes 4 servings** (1 salmon fillet + ⅓ cup kumquat mixture each).

**PER SERVING** *621 cal, 41 g fat (7 g sat fat), 94 mg chol, 865 mg sodium, 20 g carb, 6 g fiber, 12 g sugars, 37 g pro.*

84

# SPICY CHICKPEA STEW

**HANDS ON** 15 minutes
**COOK** 15 minutes
**STAND** 5 minutes

- 1 Tbsp. olive oil
- ⅓ cup finely chopped yellow or red onion
- ½ tsp. minced garlic (1 clove)
- ½ tsp. salt
- ½ tsp. smoked paprika
- ½ tsp. chili powder
- ½ tsp. ground cumin
- ¼ tsp. black pepper
- ⅛ tsp. cayenne pepper
- 1 28-oz. can no-salt-added diced tomatoes, undrained
- 1 15- to 16-oz. can no-salt-added chickpeas, rinsed and drained
- 1 14.5-oz. can reduced-sodium vegetable broth
- ½ cup golden raisins
- ½ cup couscous
- ¼ cup toasted slivered almonds (tip, p. 91) (optional)
- Chopped fresh mint or flat-leaf parsley (optional)

**1.** In a large saucepan heat oil over medium. Add onion and garlic, cook, stirring occasionally, until tender and just starting to brown, about 5 minutes.

**2.** Stir in next six ingredients (through cayenne pepper). Cook and stir until fragrant, about 30 seconds. Add tomatoes, chickpeas, broth, and raisins. Bring to boiling, reduce heat. Simmer, covered, about 10 minutes.

**3.** Stir couscous into chickpea mixture in saucepan. Remove from heat. Cover; let stand 5 minutes before serving. If you like, top with toasted almonds and chopped mint.

**Makes 4 servings** (1½ cups each)

**PER SERVING** *367 cal, 8 g fat (1 g sat fat), 0 mg chol, 400 mg sodium, 61 g carb, 11 g fiber, 17 g sugars, 12 g pro.*

**BEAN SWAP**
You can use cannellini beans instead of chickpeas.

# CLASSIC TABBOULEH

**HANDS ON**
25 minutes
**CHILL**
4 hours

- ¾ cup bulgur
- ¾ cup chopped cucumber
- ½ cup chopped fresh flat-leaf parsley
- ¼ cup thinly sliced green onions
- 1 Tbsp. chopped fresh mint
- 3 Tbsp. fresh lemon juice
- 3 Tbsp. vegetable oil
- 2 Tbsp. water
- ¼ tsp. salt
- ¾ cup chopped tomato
- 4 lettuce leaves
- Lemon slices (optional)

**1.** In a large bowl combine bulgur, cucumber, parsley, green onions, and mint.
**2.** For dressing, in a screw-top jar combine lemon juice, oil, water, and salt. Cover and shake well. Drizzle bulgur mixture with dressing, toss to coat. Cover and chill 4 to 24 hours.
**3.** Before serving, stir tomato into bulgur mixture. Transfer to a lettuce-lined bowl and, if you like, serve with lemon slices and/or additional mint. **Makes 4 servings** (1 cup each).

**PER SERVING** *200 cal, 11 g fat (1 g sat fat), 0 mg chol, 164 mg sodium, 24 g carb, 5 g fiber, 2 g sugars, 4 g pro*

## WHEAT BERRY TABBOULEH

Prepare as directed, except omit bulgur. In a 1- or 1½-qt. saucepan bring one 14-oz. can vegetable or chicken broth and ¼ cup water to boiling. Stir in 1 cup wheat berries. Return to boiling, reduce heat. Simmer, covered, until tender, 45 to 60 minutes; drain and cool. In a large bowl combine 2½ cups of the cooked wheat berries, the cucumber, parsley, green onions, and mint. Prepare dressing as directed except omit the 2 Tbsp. water. If you like, cover and chill up to 4 hours. Stir in tomato and serve as directed. Makes 4 servings.

86

# BAKED STUFFED ARTICHOKES *with* PANCETTA *and* HERBS

**HANDS ON**
35 minutes
**BAKE**
30 minutes
at 400°F

- 4 steamed artichokes (tip, *opposite*)
- 3 Tbsp. olive oil, divided
- ¼ lb. pancetta or thick-sliced bacon, cut into ¼-inch dice
- 1 cup finely chopped onion
- 1 cup finely chopped celery
- 2 tsp. minced garlic (4 cloves)
- ½ cup dry white wine
- ½ cup finely chopped fresh flat-leaf parsley
- 2 Tbsp. finely chopped fresh rosemary
- 2 Tbsp. fresh thyme leaves
- ½ tsp. salt
- ¼ tsp. black pepper
- 3 cups torn Italian bread (4 oz.)

**1.** Halve each artichoke through the hearts. Use a small spoon to scoop out fuzzy chokes and any small, papery leaves. Place artichoke halves in a lightly oiled roasting pan, cut sides up.

**2.** Preheat oven to 400°F. For stuffing, in a large skillet heat 1 Tbsp. of the oil over medium. Add pancetta; cook until starting to brown, 4 minutes. Add onion, celery, and garlic. Cook, stirring occasionally until tender, 6 to 8 minutes. Carefully pour wine into skillet; cook over medium 2 minutes. Stir in herbs, salt, pepper, and bread until combined.

**3.** Lightly season cut sides of artichokes with additional salt. Divide stuffing among artichokes. Drizzle artichokes with remaining 2 Tbsp. oil. Bake, covered, 15 minutes. Uncover and bake until browned, 15 to 20 minutes more. If you like, drizzle with additional oil and top with additional herbs before serving.

**Makes 8 servings** (1 stuffed artichoke half each)

**PER SERVING** *198 cal, 11 g fat (3 g sat fat), 13 mg chol, 514 mg sodium, 17 g carb, 5 g fiber, 2 g sugars, 7 g pro.*

## STEAMING ARTICHOKES

Snap off any tough or browned outer leaves of artichokes. Slice off top inch of each artichoke. Immediately rub cut surface with lemon halves. Snip off any sharp leaf tips and trim bottom of stems so artichokes stand upright Arrange artichokes upright in a steamer basket set over simmering water in a large pot Cover pot and bring to boiling Cook until an artichoke leaf can be pulled easily from artichoke, about 30 minutes. Remove from pot; let cool

87

# DILL GAZPACHO

**HANDS ON** 25 minutes
**CHILL** 1 hour

- **6 cups chopped ripe tomatoes**
- **3 cups peeled and chopped cucumbers**
- **1 cup chopped onion**
- **1 cup chopped red bell pepper**
- **¼ cup fresh lemon juice**
- **1 fresh jalapeño pepper, seeded and finely chopped (tip, *p. 49*)**
- **1 Tbsp. white balsamic vinegar**
- **2 tsp. olive oil**
- **¾ tsp. salt**
- **½ tsp. black pepper**
- **¼ cup chopped fresh dill**
- **Roasted sunflower kernels**

**1.** In a large bowl, combine first 10 ingredients (through black pepper).
**2.** Transfer half of the mixture to a blender or food processor. Cover and pulse until desired consistency, leaving some chunks. Remove from blender. Repeat with remaining mixture. Return all of the mixture to a large bowl. Stir in dill. Cover and chill at least 1 hour before serving. Top with sunflower kernels and, if you like, additional cucumber, bell pepper, and dill.
**Makes 6 servings** (1 cup each)
**PER SERVING** *79 cal, 2 g fat (0 g sat fat), 0 mg chol, 304 mg sodium, 15 g carb, 4 g fiber, 9 g sugars, 3 g pro*

# LABLABI
## *(Tunisian Chickpea Soup)*

**HANDS ON** 30 minutes
**STAND** overnight
**COOK** 1 hour 20 minutes

- **2¼ cups dried chickpeas**
- **2 Tbsp. olive oil**
- **2 cups finely chopped onions**
- **¼ cup chopped fresh cilantro**
- **1½ tsp. minced garlic (3 cloves)**
- **1½ tsp. salt**
- **1½ tsp. ground cumin**
- **1 tsp. paprika**
- **1 15-oz. can crushed tomatoes**
- **2 Tbsp. fresh lemon juice**
- **Black pepper**
- **4 poached eggs (optional)**
- **Harissa paste (optional)**
- **2 whole wheat pita flatbreads, warmed (optional)**

**1.** Rinse chickpeas; drain. In a 5- to 6-qt. pot combine chickpeas and 8 cups water. Cover and let stand in the refrigerator overnight.

**2.** Drain and rinse chickpeas. Return chickpeas to pot; add enough fresh water to cover chickpeas by 3 inches. Bring to boiling, reduce heat. Simmer, covered, until tender, 50 minutes. Drain chickpeas, reserve cooking liquid.

**3.** In same pot heat oil over medium. Add onions; cook, stirring often, until nearly tender, about 5 minutes. Add next five ingredients (through paprika); cook and stir 2 minutes more. Stir in tomatoes. Bring to boiling, reduce heat. Simmer 5 minutes. Stir in chickpeas and 4 cups of the reserved cooking liquid. Bring to boiling, reduce heat. Simmer, covered, 20 minutes.

**4.** Transfer 2 cups of the chickpea mixture to a blender; cool slightly. Cover and blend until nearly smooth. Stir blended mixture into remaining mixture in pot. Add additional cooking water if needed to reach desired consistency. Stir in lemon juice and season to taste with pepper and additional salt. If you like, top servings with poached eggs and serve with harissa paste, flatbreads, and additional cilantro. **Makes 6 servings** (1½ cups each)

**PER SERVING** *374 cal, 9 g fat (1 g sat fat), 0 mg chol, 735 mg sodium, 59 g carb, 12 g fiber, 14 g sugars, 17 g pro*

# 89 KALE *and* CANNELLINI STEW *with* FARRO

**HANDS ON**
20 minutes
**SLOW COOK**
3 hours (high)

- 4 cups reduced-sodium vegetable broth
- 1 14.5-oz. can no-salt-added fire-roasted diced tomatoes, undrained
- 2 medium carrots, halved lengthwise and thinly sliced
- 1 cup farro or kamut
- 1 cup coarsely chopped onion
- 1 cup coarsely chopped celery
- 2 tsp. minced garlic (4 cloves)
- ½ tsp. crushed red pepper
- ¼ tsp. salt
- 4 cups coarsely chopped green kale or Swiss chard
- 1 15-oz. can no-salt-added cannellini beans, rinsed and drained
- 3 Tbsp. fresh lemon juice
- ½ cup crumbled feta cheese (2 oz.)
- Chopped fresh flat-leaf parsley or basil (optional)
- Lemon wedges (optional)
- Whole wheat bread slices (optional)

**1.** In a 3½- or 4-qt. slow cooker combine first nine ingredients (through salt). Cover and cook on high until farro is tender but still chewy, 2 hours.
**2.** Stir in kale, beans, and lemon juice. Cover and cook on high 1 hour more. Top servings with cheese. If you like, sprinkle with parsley and serve with lemon wedges and bread. **Makes 6 servings** (1⅓ cups each)
**PER SERVING** *256 cal, 3 g fat (1 g sat fat), 8 mg chol, 804 mg sodium, 44 g carb, 8 g fiber, 7 g sugars, 12 g pro*

# SPICED RED LENTIL SOUP

**HANDS ON** 15 minutes
**COOK** 30 minutes

- 2 Tbsp. olive oil
- 1 cup finely chopped onion
- 2 Tbsp. finely chopped fresh ginger
- 1 tsp. minced fresh garlic (2 cloves)
- 1 tsp. Ras el Hanout (recipe, *p. 61*)
- ½ tsp. Aleppo pepper
- 2 cups red lentils, rinsed and drained
- 1½ cups chopped roma tomatoes
- 6 cups vegetable broth
- 2 cups water
- 1 tsp. kosher salt
- Fresh cilantro
- Plain yogurt (optional)

**1.** In a 5- or 6-qt. pot heat oil over medium. Add onion, ginger, and garlic; cook, stirring occasionally, until onion is softened, 5 to 7 minutes. Stir in Ras el Hanout and Aleppo pepper; cook and stir until fragrant, 1 minute. Stir in lentils and tomatoes.

**2.** Add broth and water. Bring to boiling; reduce heat. Simmer, covered, stirring occasionally, until lentils are tender, 24 to 26 minutes. Season with salt.

**3.** Top servings with cilantro. If you like, dollop with yogurt and sprinkle with additional Aleppo pepper. **Makes 8 servings** (1⅓ cups each)

**PER SERVING** *425 cal, 6 g fat (1 g sat fat), 1 mg chol, 805 mg sodium, 67 g carb, 17 g fiber, 6 g sugars, 25 g pro.*

# 91 HUMMUS-FARRO PORTOBELLOS

**HANDS ON** 20 minutes
**COOK** 20 minutes

- **3 cups vegetable broth**
- **1 cup farro**
- **6 5-inch fresh portobello mushrooms, stems and gills removed**
- **Nonstick cooking spray**
- **2 cups coarsely chopped Swiss chard leaves**
- **¼ cup chopped dried tomatoes (not oil-packed)**
- **2 tsp. chopped fresh thyme or ½ tsp. dried thyme, crushed**
- **1 cup Homemade Hummus (recipe, *p. 16*) or purchased**
- **¼ cup sliced green onions**
- **Black pepper**
- **Olive oil (optional)**

**1.** In a medium saucepan bring broth to boiling. Stir in farro. Return to boiling; reduce heat. Simmer, covered, 15 minutes.
**2.** Meanwhile, lightly coat both sides of the mushrooms with cooking spray. Heat a grill pan over medium. Add mushrooms; cook, turning once, until tender, 8 to 10 minutes.
**3.** For filling, stir Swiss chard, dried tomatoes, and thyme into farro. Cook, covered, until farro is tender, 5 to 10 minutes more.
**4.** To serve, place mushrooms, stemmed sides up, on a platter. Spread mushrooms with Homemade Hummus and stuff with filling. Sprinkle with green onions and pepper. If you like, drizzle with oil.

**Makes 6 servings** (1 stuffed mushroom each)
**PER SERVING** *251 cal, 6 g fat (0 g sat fat), 0 mg chol, 742 mg sodium, 40 g carb, 5 g fiber, 6 g sugars, 10 g pro.*

# SQUASH-TOMATO BAKE *with* BASIL *and* PINE NUT GREMOLATA

**HANDS ON** 30 minutes
**BAKE** 45 minutes at 375°F
**BROIL** 2 minutes

- 1 12-oz. jar roasted red bell peppers, drained
- 1 8-oz. can no-salt-added tomato sauce
- 3 cloves garlic, peeled and halved
- 1½ tsp. dried Italian seasoning, crushed
- ⅛ to ¼ tsp. crushed red pepper (optional)
- 1½ lb. fresh tomatoes, cored
- 1 1-lb. delicata squash, trimmed
- 1 large zucchini, trimmed
- ½ cup thinly sliced fresh basil
- ⅓ cup crumbled reduced-fat feta cheese
- ¼ cup toasted pine nuts (tip, *p. 91*)
- 1 tsp. lemon zest

**1.** Preheat oven to 375°F. For sauce, in a blender combine first four ingredients (through Italian seasoning) and crushed red pepper (if using). Cover and blend until smooth, stopping to scrape sides as necessary. Spread sauce in a 2-qt. rectangular broiler-safe baking dish.
**2.** Cut tomatoes, squash, and zucchini into ¼-inch-thick slices. Using a spoon, remove seeds from delicata squash slices. Alternately layer tomato, squash, and zucchini slices in two lengthwise rows over sauce in baking dish, standing slices slightly upright.
**3.** Bake, covered, until vegetables are just tender, 45 to 50 minutes. Remove from oven. Preheat broiler; broil 4 inches from heat until vegetables are browned, 2 to 3 minutes.
**4.** Meanwhile, for gremolata, in a small bowl combine remaining ingredients. Sprinkle gremolata over vegetables. If you like, top with additional fresh basil.
**Makes 6 servings** (⅔ cup each)
**PER SERVING** *109 cal, 5 g fat (1 g sat fat), 2 mg chol, 206 mg sodium, 13 g carb, 4 g fiber, 8 g sugars, 5 g pro.*

**THIN-SKINNED**
Delicata squash is known for its thin, edible skin, so no need to peel this squash before cooking. All you have to do is remove its seeds (a melon baller or spoon works well) and you're good to go. Its flavor is sweet and mild, similar to sweet potato.

93

# MINI TURMERIC UPSIDE-DOWN CAKES

**HANDS ON** 15 minutes
**BAKE** 12 minutes at 350°F
**COOL** 5 minutes

- Nonstick cooking spray
- 2 small tangerines (unpeeled), thinly sliced and quartered
- Sea salt flakes
- 2 Tbsp. agave syrup
- ¾ cup all-purpose flour
- 1 tsp. ground turmeric
- ½ tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- ¼ tsp. ground cardamom
- ⅓ cup salted butter, softened
- ⅓ cup sugar
- 1 egg
- ⅓ cup buttermilk

**1.** Preheat oven to 350°F. Coat twenty-four 1¾-inch muffin cups with cooking spray. Arrange tangerine quarters in bottoms of prepared cups, overlapping as needed. Lightly sprinkle tangerines with salt flakes and drizzle with agave syrup.

**2.** In a small bowl, stir together next six ingredients (through cardamom). In a medium bowl, beat butter and sugar with a mixer on medium until fluffy. Beat in egg. Add flour mixture and buttermilk alternately to butter mixture, beating on low after each addition until combined.

**3.** Spoon batter into prepared muffin cups, filling each three-fourths full. Bake until a toothpick comes out clean, 12 to 15 minutes. Cool cakes in muffin cups 5 minutes. Serve warm and, if you like, drizzle with additional agave syrup.

**Makes 24 mini cakes.**

**PER MINI CAKE** *61 cal, 3 g fat (2 g sat fat), 15 mg chol, 82 mg sodium, 8 g carb, 0 g fiber, 5 g sugars, 1 g pro.*

# SWEET RICOTTA *and* STRAWBERRY PARFAITS

**HANDS ON** 20 minutes
**STAND** 15 minutes

- 1 lb. fresh strawberries, halved or quartered
- 1 Tbsp. chopped fresh mint
- 1 tsp. sugar
- 1 15-oz. carton part-skim ricotta cheese
- 3 Tbsp. agave syrup or honey
- ½ tsp. vanilla
- ¼ tsp. lemon zest

**1.** In a medium bowl gently stir together strawberries, mint, and sugar. Let stand until berries are softened and starting to release their juices, about 15 minutes.

**2.** In another medium bowl beat ricotta, agave syrup, vanilla, and lemon zest with a mixer on medium 2 minutes.

**3.** To assemble parfaits, scoop 2 Tbsp. of the ricotta mixture into each of 6 x parfait glasses. Top each with a large spoonful of strawberry mixture. Repeat layers. If you like, top with additional mint. Serve immediately or cover and chill up to 4 hours. **Makes 6 parfaits.**

**PER PARFAIT** *159 cal, 6 g fat (4 g sat fat), 22 mg chol, 90 mg sodium, 18 g carb, 2 g fiber, 12 g sugars, 9 g pro.*

## BAKLAVA BACKGROUND

Baklava's invention is claimed by many Mediterranean countries, including Greece and Turkey. There are many variations out there, with slight differences in doughs and fillings. For a better-for-you version of the tasty treat, try these baklava bites and the Almond Baklava (*p. 94*).

95

# WALNUT-CRANBERRY BAKLAVA BITES

**START TO FINISH**
10 minutes

- 1 cup chopped toasted walnuts (tip, *opposite, top right*)
- 6 Tbsp. chopped dried cranberries and/or apricots
- 4 tsp. finely chopped crystallized ginger
- ¼ cup honey
- ¼ tsp. ground nutmeg
- 2 1.9-oz. pkg. baked miniature phyllo tart shells (30 total) (tip, *opposite*)

In a small bowl stir together walnuts, cranberries, and ginger. Drizzle with honey and sprinkle with nutmeg; toss to coat. Spoon filling evenly into tart shells. **Makes 15 servings** (2 tarts each).

**PER SERVING** *123 cal, 6 g fat (0 g sat fat), 0 mg chol, 24 mg sodium, 15 g carb, 1 g fiber, 10 g sugars, 2 g pro*

Follow the package directions for additional crispness of the phyllo shells before filling.

## TOASTING NUTS

To toast nuts, preheat oven to 350°F. Spread nuts in a shallow baking pan. Bake, shaking pan once or twice, until lightly browned, 5 to 10 minutes

DESSERTS

96

# GHORAYEBAH
## *(Butter Cookies)*

**HANDS ON** 15 minutes
**BAKE** 15 minutes at 300°F
**COOL** 10 minutes

- 1 cup powdered sugar
- 1 cup ghee (clarified butter) (tip, *below*)
- 1 tsp. vanilla
- 2 cups all-purpose flour
- 1 tsp. baking powder
- ¼ tsp. salt
- 30 whole blanched almonds or whole cloves

**1.** Preheat oven to 300°F. In a medium bowl beat powdered sugar, ghee, and vanilla with a mixer on medium until smooth and creamy. Add flour, baking powder, and salt to beaten mixture, stir until dough comes together.
**2.** Roll 1-Tbsp. portions of dough into thirty 1-inch balls (tip, *right*). Place balls 2 inches apart on ungreased cookie sheets. Flatten slightly and press an almond or clove into the center of each flattened ball.
**3.** Bake until lightly brown on bottoms, about 15 minutes. Cool on cookie sheets 10 minutes. Transfer to a wire rack, cool completely. (If using cloves, remove and discard before serving.) **Makes 30 cookies.**
**PER COOKIE** *108 cal, 7 g fat (4 g sat fat), 21 mg chol, 32 mg sodium, 10 g carb, 0 g fiber, 4 g sugars, 1 g pro.*

**ALL ABOUT GHEE** Also known as clarified butter, ghee is used in Indian and Middle Eastern cooking and baking. It is made by melting butter then skimming the foamy white milk solids off the top, leaving only the pure butter fat behind. You can find jarred ghee near oils in the supermarket.

**CUT AND ROLL**
To make uniform-size balls, on a lightly floured surface pat dough into a 6x5-inch rectangle; cut into 30 equal-size squares. Roll each square into a ball.

# APRICOT-ORANGE OLIVE OIL SHORTBREAD

**HANDS ON** 10 minutes
**BAKE** 10 minutes at 350°F
**COOL** 10 minutes

97

- ½ cup olive oil
- ½ cup powdered sugar
- 1 tsp. vanilla
- 1 tsp. orange zest
- ½ tsp. ground cardamom (optional)
- ¼ tsp. salt
- 1⅓ cups all-purpose flour
- ¼ cup finely chopped dried apricots (1½ oz.) (tip, *below right*)

**1.** Preheat oven to 350°F. In a large bowl stir together first six ingredients (through salt) until well combined. Stir in flour and apricots until dough holds together.
**2.** Shape rounded 1-Tbsp. portions of dough into 12 balls. Place at least 1 inch apart on an ungreased cookie sheet. Lightly press each ball to a 2-inch round.
**3.** Bake until bottoms are starting to brown, 10 to 12 minutes. Cool on cookie sheet 10 minutes. Transfer cookies to a wire rack, cool completely.
**Makes 12 cookies.**
**PER COOKIE** *157 cal, 9 g fat (1 g sat fat), 0 mg chol, 49 mg sodium, 17 g carb, 1 g fiber, 6 g sugars, 2 g pro.*

### CHOPPING APRICOTS

When chopping dried apricots, coat the knife blade with nonstick cooking spray to reduce sticking

98

# ALMOND BAKLAVA

START TO FINISH
30 minutes

- 1 sheet frozen puff pastry (½ of a 17.3-oz. pkg.), thawed
- ¾ cup sliced almonds
- 5 Tbsp. honey, divided
- ¼ tsp. ground cinnamon
- ¼ tsp. vanilla

**1.** Preheat oven to 400°F. Unfold pastry sheet on a lightly floured surface. Using a pizza cutter, cut pastry into six 5x3-inch rectangles. Place on an ungreased baking sheet. Bake until golden, 10 to 12 minutes. Remove; cool slightly on a wire rack.

**2.** Meanwhile, for filling, in a 10-inch skillet cook and stir almonds over medium until lightly toasted, about 8 minutes. Set aside 2 Tbsp. of the almonds. In a small food processor combine remaining toasted almonds, 3 Tbsp. of the honey, the cinnamon, and vanilla. Cover and process until nearly smooth, stopping and scraping sides as necessary.

**3.** Use a fork to gently split slightly warm pastries in half horizontally. Drop small spoonfuls of filling onto pastry bottoms, replace tops. Using a pizza cutter, cut pastries in half crosswise to make 12 rectangles, cut rectangles in half diagonally to make 24 triangles.

**4.** For syrup, in a glass measure microwave remaining 2 Tbsp. honey until drizzling consistency, about 10 seconds. Drizzle pastry triangles with warm honey; sprinkle with reserved 2 Tbsp. almonds. **Makes 12 servings** (2 triangles each)

**PER SERVING** *140 cal, 8 g fat (3 g sat fat), 0 mg chol, 70 mg sodium, 16 g carb, 1 g fiber, 8 g sugars, 3 g pro*

99

# CHERRY-SAUCED PANNA COTTA

**HANDS ON** 15 minutes
**STAND** 5 minutes
**CHILL** 4 hours

- Nonstick cooking spray
- 1 vanilla bean, split lengthwise
- ½ cup half-and-half
- 1½ tsp. unflavored gelatin
- 1 cup plain low-fat Greek yogurt
- ½ cup milk
- 2 Tbsp. water
- ⅛ tsp. salt
- 5 Tbsp. sugar, divided
- 1 small orange
- 1 cup frozen pitted cherries, coarsely chopped
- 2 Tbsp. chopped roasted salted pistachio nuts

**1.** Coat four 8-oz. ramekins with cooking spray; place in a shallow baking pan or on a tray. Scrape seeds from vanilla bean. In a medium saucepan combine vanilla bean seeds and pod and half-and-half. Sprinkle with gelatin (do not stir); let stand 5 minutes. Cook and stir over medium-low until gelatin is dissolved. Whisk in yogurt, milk, water, salt, and 3 Tbsp. of the sugar. Remove from heat. Remove and discard vanilla bean pod. Pour mixture into prepared ramekins. Cover and chill until firm, 4 hours.

**2.** Meanwhile, remove ½ tsp. zest and squeeze 2 Tbsp. juice from orange. For cherry sauce, in a small saucepan combine cherries, orange zest, orange juice, and remaining 2 Tbsp. sugar. Bring to boiling; reduce heat to medium. Cook, uncovered, stirring occasionally, until slightly thickened, 5 to 8 minutes; cool.

**3.** Unmold panna cotta (tip, *right*) onto dessert plates. Top with cherry sauce and pistachios. **Makes 4 servings** (1 panna cotta + 2½ Tbsp. sauce each).

**PER SERVING** *205 cal, 7 g fat (3 g sat fat), 17 mg chol, 144 mg sodium, 28 g carb, 1 g fiber, 25 g sugars, 10 g pro.*

## LOOSEN UP

**To unmold panna cotta, use a sharp knife to loosen edges from the sides of each ramekin. Dip bottom of each ramekin into warm water 5 to 10 seconds; invert onto dessert plates and remove each ramekin.**

**DOUBLE UP** For 8 servings, double the ingredients and use a 5- to 6-qt. pot instead of a large saucepan.

# 100 SPICED POMEGRANATE POACHED PEARS

**HANDS ON** 25 minutes
**COOK** 17 minutes

### PEAR DONENESS

To test the pears for doneness, insert a toothpick into the thickest part of a pear half. The pear should still be slightly firm, but the toothpick should penetrate easily.

- 1 cup dry red wine
- ½ cup pomegranate juice
- 1 Tbsp. sugar
- 2 inches stick cinnamon
- 2 whole allspice
- Dash salt
- 2 8-oz. firm, ripe pears, peeled, halved lengthwise, and cored
- ½ tsp. vanilla
- ¼ cup chopped toasted walnuts (tip, *p. 91*)
- Ground cinnamon (optional)

**1.** In a large saucepan combine first six ingredients (through salt). Bring to boiling over medium. Add pear halves; reduce heat. Simmer, covered, turning pears occasionally, until just tender, 12 to 17 minutes (tip, *left*). Remove from heat. Stir in vanilla. Remove pears, reserving cooking liquid. Cover pears and keep warm.

**2.** For syrup, remove and discard stick cinnamon and allspice from cooking liquid. Return to boiling; reduce heat. Boil gently, uncovered, until liquid is thickened and reduced to about 2 Tbsp., about 5 minutes.

**3.** To serve, drizzle pears with syrup and sprinkle with walnuts and, if you like, ground cinnamon. **Makes 4 servings** (1 pear half each).

**PER SERVING** *193 cal, 5 g fat (0 g sat fat), 0 mg chol, 55 mg sodium, 27 g carb, 4 g fiber, 19 g sugars, 2 g pro.*

Better Homes & Gardens® *Mediterranean Diet*™ (ISSN 2835-3544) 2026, *Mediterranean Diet* is published annually in March by Meredith Operations Corp., 1716 Locust St., Des Moines, IA 50309-3023. Better Homes & Gardens is a registered trademark in the United States, Canada, and Australia. Better Homes & Gardens marca registrada en México. © Meredith Operations Corp 2026. All rights reserved. Printed in the U.S.A.

The only way to achieve Victory Over Cancer® is to give everything we've got. That's why the V Foundation gives 100% of every dollar donated directly to cancer research.

Learn more at v.org

# NEVER LOSE YOUR RECIPES AGAIN

**The new way to save all your recipes in one place!**

**Scan the code to join for free or visit:**

**myrecipes.com**

AVAILABLE ON: allrecipes | Better Homes & Gardens | EatingWell | FOOD&WINE | REAL SIMPLE | serious eats | Simply | Southern Living | the spruce Eats